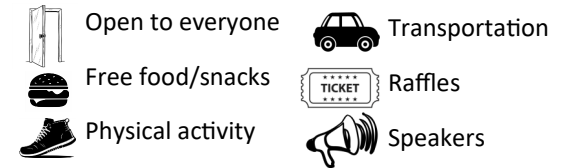


# May 2025

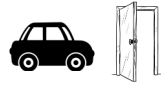
## Is Mental Health Awareness Month

### Key



### 1<sup>st</sup> Hope Center: Sign Making

noon to 2 p.m.  
 Hope Center: 2933 H St., Eureka  
 Thu. Phone: 707-441-3783



### 13<sup>th</sup> Peer Support Appreciation Proclamation

9 a.m.  
 Board of Supervisors' Chambers  
 Tue. 825 Fifth St., Eureka



### 4<sup>th</sup> NAMI, DHHS & City of Eureka: Myth Busting Mental Health

11 a.m. to 4 p.m.  
 Sun. Speakers panels of local professionals and people with lived experience. Keynote speaker Joseph Reid, author of "Broken Like Me: An Insider's Toolkit for Mending Broken People"  
 Wharfinger Building: 1 Marina Way, Eureka



### 23<sup>rd</sup> Wellness and Connection Barbecue

11 a.m. to 2 p.m.  
 Fri. Jefferson Community Center and Park  
 1000 B St., Eureka  
 This event is sponsored by the Hope Center: 707-441-3783



### 6<sup>th</sup> May is Mental Health Awareness Month Proclamation

Tue. Board of Supervisors Chambers' at 9 a.m.  
 825 Fifth St., Eureka



### Hope Center: May is Mental Health Awareness Month Walk

Meet at 2933 H St., Eureka at 11 a.m.  
 Rally at Eureka Courthouse at noon



### 23<sup>rd</sup> Ropes For Hope

Fri. 1:15 to 3 p.m.  
 Jefferson Community Center and Park  
 1000 B St., Eureka  
 RSVP to Stacey F. by May 20: 707-273-8927

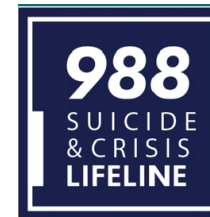
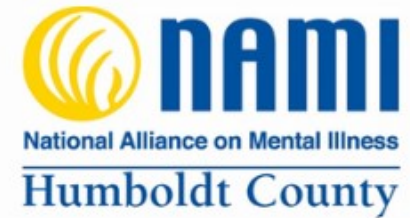


May 31st & June 1st **Arcata House Partnership, Shasta County and Vernon Price: Becoming Brave Training**  
 10 a.m. to 2 p.m., 4701 Valley West Blvd., Arcata, CA  
 2-day training on taking control of your mental health story. Space is limited. RSVP to Vernon Price: 707-740-8915.



# May 2025 Mental Health Awareness

## Month Calendar Collaborators



Thank you, Humboldt!