







Riverside County May is Mental Health Month 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>"Hope for Change" is the theme for this year's May is Mental Health Matters Month. Hang this calendar and join in the activities to help support mental wellness – in yourself and in others. Share to social media! #PEIMay2021 and #HopeForChange</i></p>						1	
Week 1: Support Hope		3	4	5	6	7	8
	<p>Where's the Green Ribbon? Show support by displaying a lime green ribbon, wearing lime green, or entering the green ribbon contest! (Gift card prize to winners)</p>	<p>Stand Against Stigma Virtual presentation about hope and recovery. 2:00-3:00 Register for an upcoming presentation here.</p>	<p>Mental Health 101 Presentation Spanish: 9:00-10:30 English: 2:00-3:30</p>	<p>Know the Signs Virtual Suicide Prevention Training English: 9:00-11:00 Spanish: 2:30-5:00</p>	<p>A Night of Hope Switch up the content you are consuming and tune into something inspiring!</p>		
Week 2: Be Hopeful		10	11	12	13	14	15
 RUHS-BH PEI	<p>Plant Seeds of Hope Spend some time gardening and caring for yourself. Plant your seeds of hope and share in a social media post</p>	<p>TAY Talent Show Tune into RUHS-BH YouTube channel to see how our TAY creatively share what gives them hope</p>	<p>Stand Against Stigma Virtual presentation about hope and recovery. 9:00-10:00 Put the MOVE in Mental Health Movement! Join Dat Yoga Dude to learn about improving wellness! Join Zoom at 1:00</p>	<p>Moving with PEARLS Get moving with PEARLS and learn about the program for seniors ICRC Facebook Live English: 10:00; Spanish: 10:30 Walking a New Path: Grief and Loss Series 6:30-8:30 PM</p>	<p>Color for Calmness Use and share these coloring pages in English and Spanish</p> 		
Week 3: Encourage Hope		17	18	19	20	21	22
 Up2Riverside	<p>Chalk Your Walk Chalk down some words of encouragement Hope Rocks! Spread hopeful messages on decorated rocks</p>	<p>Self-Care and Wellness Presentation English: 1:00-3:00 Spanish: 10:00-12:30</p>	<p>Mental Health Game Night (Virtual) With Operation Safehouse 3:00-5:00 Register here!</p> 	<p>Stand Against Stigma Virtual presentation about hope and recovery. 10:00-11:00 Walking a New Path: Grief and Loss Series 6:30-8:30 PM</p>	<p>Attitude of Gratitude Start a gratitude jar! Write down messages of hope and share with others.</p>		
Week 4: Give Hope		24	25	26	27	28	29
 Each Mind Matters	<p>"I AM" Affirmation Boards Read about the power of using positive affirmations.</p>	<p>Stand Against Stigma A virtual presentation about hope and recovery 12:00-1:00</p>	<p>Affirmation Cards Let someone know you care! Find cards here. AATF: Annual HOPE Event (Virtual) 3:00-5:00 SeContreras@ruhealth.org</p>	<p>Building Resiliency and Understanding Trauma English: 10:00-12:00 Spanish: 2:00-4:30 Walking a New Path: Grief and Loss Series 6:30-8:30 PM</p>	<p>Directing Change: Hope and Justice Check out winners of the new Hope and Justice category here!</p>		
30	31	<p>Local Suicide Crisis Line (951) 686-HELP</p>		<p>National Suicide Prevention Line 1(800) 273-TALK</p>		<p>RUHS-Behavioral Health Access Line 1(800) 499-3008</p>	