

May is
 **Mental Health Matters Month**

ACBH Staff Events Calendar May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Afternoon Break-time Relaxation "Tea Garden" (self-serve) @ the 5th floor breakroom from 1-3 pm	National Mental Health Day of Prayer & Celebration 2019 10am-1pm @ The Fruitvale Village (Near Fruitvale Bart Station) 3340 E.12th Street	"We Move For Health" Walk @ San Leandro Marina 10 am-3 pm  **WEAR LIME GREEN TODAY**
6	7	8	9	10
Lunch time "Drumming Circle" led by Michael Kessler @ 2000 Embarcadero Gail Steele 12-1 pm				 Join the "Go Green when we Get Green!" movement by wearing Lime Green every Pay Day Friday for Mental Health Awareness Month 
13	14	15	16	17
		Lunch time Self Care Check-In led by MHSA Division Staff @ 2000 Embarcadero Gail Steele 12-1 pm		**WEAR LIME GREEN TODAY** "Go Green when we Get Green!" Wear Lime Green every Pay Day Friday
20	21	22	23	24
		Mental Health Matters Month ACBH Staff Potluck @ the Gail Steele Room 12:00 pm-1:00 pm		
27	28	29	30	31
MEMORIAL DAY- County holiday		MH MONTH AWARENESS WALK @ Embarcadero Cove, Oakland from 12-1 pm		**WEAR LIME GREEN TODAY** "Go Green when we Get Green!" Wear Lime Green every Pay Day Friday

NOTICE: ALL MENTAL HEALTH MONTH EVENT PARTICIPATION IS VOLUNTARY, DONE ON NON-COUNTY TIME AND WITH THE PERMISSION OF YOUR SUPERVISOR. THANK YOU.