

Transition-Age Youth Division Hosts

ROPES FOR HOPE

MAY IS MENTAL HEALTH MATTERS MONTH!

**MAY 1, 2019
2:30-3:30 P.M.
TAY CENTER
433 M ST
EUREKA**

For more info
contact,
Stacey Farmer
707-476-4944.

For anyone ages 16-26.



MENTAL HEALTH MATTERS

Sign Making

MAY 1ST
2 TO 4 P.M.
433 M ST.
EUREKA

The Humboldt County Transition-Age Youth Division invites you to celebrate May is Mental Health Matters Month! Help us create posters to raise awareness and combat stigma around mental health. All ages welcome!



Humboldt County
Department of
Health & Human
Services



Grupo de apoyo

Baile Terapia



Viernes

3 de mayo 2019

7PM – 8PM

Centro Multigeneracional
2280 Newburg Rd., Fortuna

Para preguntas, llame al
441-4477

La salud mental es salud

Ven a divertirte bailando,
mientras haces ejercicio y
combates el estrés

Traer agua para hidratarse

Se ofrece cuidado para niños
mayores de 5 años

LatinoNet

St. Joseph Health 
Redwood Memorial • St. Joseph



Grupo de apoyo

Baile Terapia



Lunes

6 de mayo 2019

7PM – 8PM

Centro Comunitario Jefferson
1000 B St. Eureka

Para preguntas, llame al
441-4477

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Join us at the
**Mental Health Matters
Walk**
Tuesday, May 7,
11:30 a.m. to 1:30 p.m.

We're meeting in front of the Hope Center at 11:30 a.m.,
going down H Street to 14th to I streets, then to the
courthouse for a rally.

Because everyone
matters!

Come walk and show
your support.

Don't forget to wear
your lime green.

Join us for sign
making on
Wednesday, May 1
at 433 M St. in
Eureka, from
2:30 to 3:30 p.m.

The Hope Center is located at 2933 H St. in Eureka.
For more information, call Kellie Jack at 707-441-3783.



Paso a Paso

NOCHE DE PELICULA EN FAMILIA



miercoles 8 de mayo

5:30 pm

Rohner Rec Hall

5 Park St.,

Fortuna, CA 95540

Para mayor información

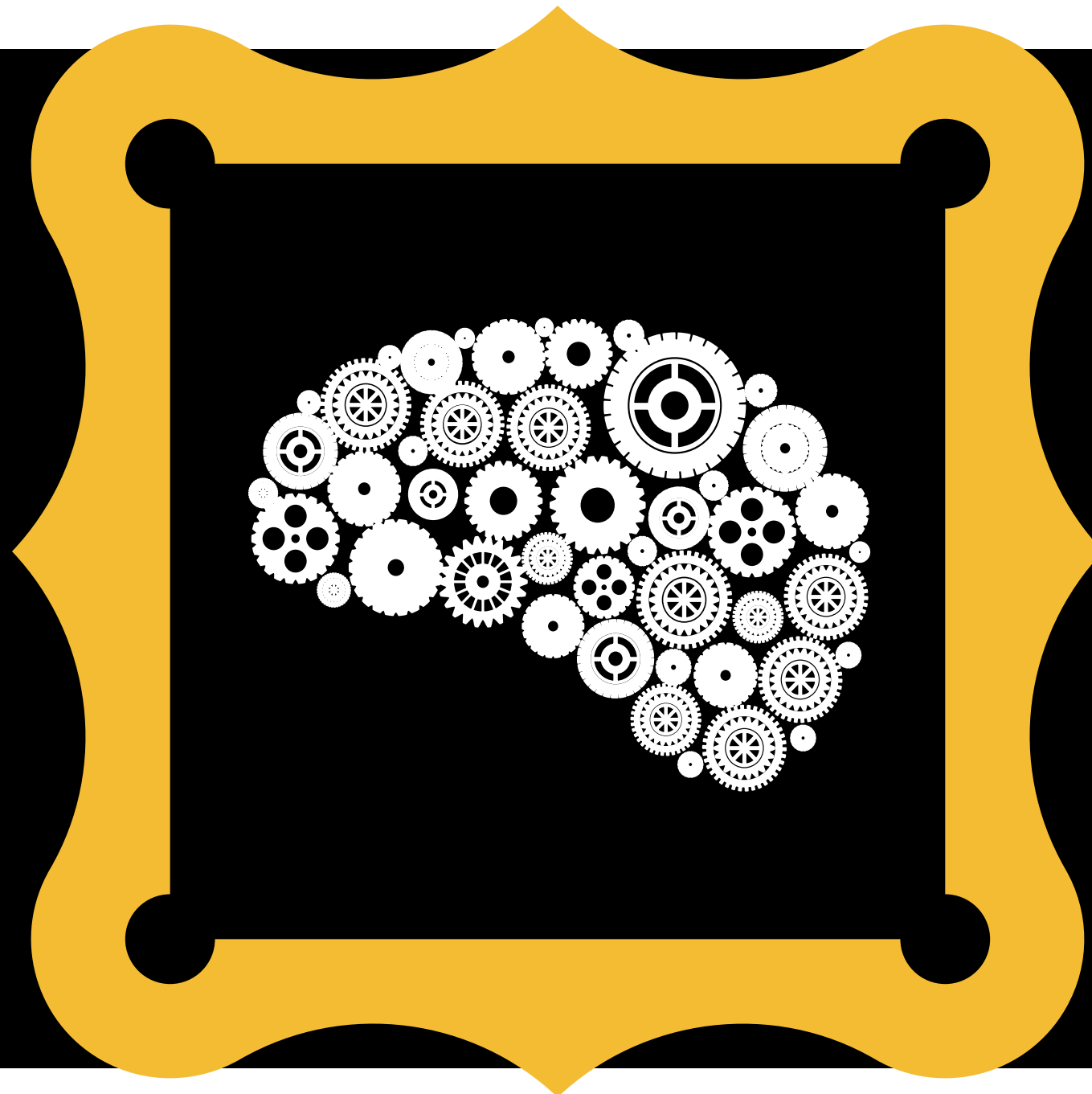
llame al tel. (707) 441-4477

- Vengan a ver la película **Intensamente** (titulada Inside Out en ingles) para celebrar el mes de la salud mental
- Tendremos palomitas y bebidas
- Traigan sus almohadas o cobijas
- ¡Todos son bienvenidos!

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ReFrame Your Brain

Art Exhibition



A POSTER CONTEST ABOUT MENTAL HEALTH

This year's poster contest entries will be on display at:

Eureka Public Library
1313 Third St., Eureka
May 4-June 3, 2019

*Special artists' reception to be held on
Wednesday, May 8, from 5-7 p.m.*

Attend to view all the entries and help
choose the winning poster!

publichealthPEI@co.humboldt.ca.us
707-268-2132





ART FOR LIFE STUDIO-HOPE CENTER

MAY 10 FRIDAY Art Reception 10-4

Rainbow Room, Mental Health Conference Room
720 Wood Street, Eureka

ART FOR LIFE STUDIO helps people develop a competent artistic identity that results in engaging and vital art that they give back to the community.

To purchase art contact 443-5276 or website artforlife-eureka.org

Alternatives Fest!



Outer Space Arcata

1100 M St., Arcata



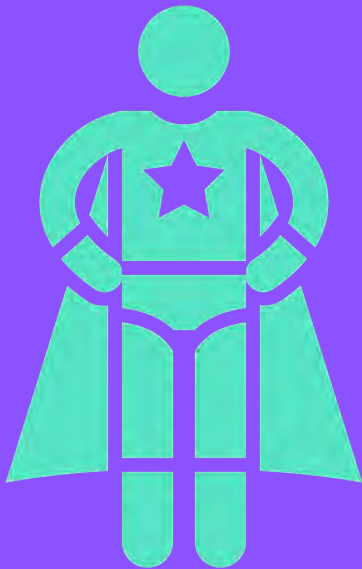
May 10, 2019

4:30 - 9:30 p.m.

During Arts Arcata

★ Youth can listen to music, make a project and learn more about fun activities.

★ Parents can learn more about encouraging healthy families.



Agenda:

Puppet Shows:
4:30 - 6:30 p.m.

Live Music:
7 - 9 p.m.

Activities!



The County of Humboldt is committed to providing equal access to all county programs, services and activities through the provision of accommodations for individuals with disabilities as required under the Americans with Disabilities Act (ADA). With 72 hours prior notice, a request for reasonable accommodation or modification can be made. Please contact the Alcohol and Other Drug Prevention Program at 707-268-2132 or by email PublicHealthAOD@co.humboldt.ca.us or the ADA Coordinator at 707-445-7266, toll free 844-365-0352 or by email at ada@co.humboldt.ca.us.

You're invited to the Hope Center's 11th annual

WELLNESS AND CONNECTION BARBECUE



MAY 17, 2019
11 a.m. to 2 p.m.
Carson Park picnic area
on Buhne Street,
between H and I streets
in Eureka.

Come and join us while we show that each mind matters. There will be sun, fun and food. Hamburgers, hot dogs and a vegetarian option will be provided.

For more information,
call the Hope Center at
707-441-3783.



be well



self-care fair

SATURDAY, MAY 18TH

11:00 - 4:00

HUMBOLDT COUNTY LIBRARY - MAIN BRANCH
1313 THIRD STREET, EUREKA

FREE self-care activities including:

- CHAIR MASSAGE • DIY BATH BOMB CLASS •
- FAMILY STORY TIME YOGA •
- MEDITATION • DYNAMIC MINDFULNESS •
- DIY JOURNAL MAKING • HERBAL TEA TASTING •
- LEARN YOGA FOR SELF-CARE •

**CONNECT WITH LOCAL MENTAL HEALTH/
WELLNESS ORGANIZATIONS**

FIND OUT MORE:

FACEBOOK/INSTAGRAM: @HUMCOLIBRARYEUREKA

WWW.HUMBOLDTGOV.ORG/LIBRARY



California
STATE LIBRARY
FOUNDED 1849
PRESERVING OUR HERITAGE. SHAPING OUR FUTURE



INSTITUTE of
Museum and Library
SERVICES

Paso a Paso

NOCHE DE PELICULA EN FAMILIA



miércoles 22 de mayo

5:30 pm

Centro Comunitario Jefferson

1000 B Street

Eureka, CA 95501

Para mayor información

llame al tel. (707) 441-4477

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Disney Pixar's "Inside Out" Screening and Reflection



Step inside the mind of a young girl in this animated feature film by Pixar that explores emotions that many of us experience every day - anger, fear, joy, sadness and disgust. The film will be followed by a clinician-led discussion about mental health and how to appropriately express these emotions and more.

Thursday, May 23, 2019

2- 4:30 p.m.

Eureka Community Resource Center

35 W. Third St., Eureka

St. Vincent de Paul Free Dining Facility

Brian.Olson@stjoe.org
707-442-5239



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SAVE THE DATE!

Counting on Community



EXPLORING PATHWAYS FOR CHILD, FAMILY & COMMUNITY WELLNESS

Thursday – Saturday, May 30 – June 1

Location:

Old Town Eureka

May 30

**Sequoia Conference
Center, HCOE**

May 31-June 1

Conference schedule TBA

Three-day symposium focusing on:

- Deepening your understanding of children's mental health
- Learn how to integrate new strategies into parenting and professional practice
- Fostering trauma-responsive practices for children and families
- Building resilient communities

Registration information will be available soon.

**Please contact Katie Allen at katiedallen29@gmail.com or
Danielle Anderson at (707) 441-4688 for more information.**



Local Resources:

Humboldt County Mental Health Crisis Line: 707-445-7715
Semper Virens Patients:
707-445-7290

HOPE Center 2933 H St., Eureka
Open Monday through Friday 8 a.m.-4 p.m. Drop-in
441-3783

Veteran's Center Counseling Services:
Individual, group and family counseling for combat veterans and sexual trauma survivors

Humboldt State University has counseling for students

Kunle Center: Volunteer staffed peer support hotline
707-599-238-
For callers Friday, Saturday and Sunday from 6 p.m. to midnight

North Coast Association of Mental Health Professionals: ncamhp.org
Webpage shows listings for therapists

Become a member of NAMI-Humboldt to support the education, support, and advocacy activities we offer.
See our website nami-humboldt.org.

Family, friends and caregivers are invited to attend

Support Group Meetings

The groups are led by NAMI-trained facilitators who themselves have family members with mental health conditions. They offer support, education, resources and hope to those supporting persons with mental health challenges.



In cooperation with Humboldt County Mental Health-4/15/19

Support group in Humboldt:

Eureka Monday Location: Rainbow Room

720 Wood Street

Time: 4:30-6:00 p.m.

Eureka Thursday Location: Red Room

720 Wood Street

Time: 12:00-1:00 p.m.

Contact Lea for more information: 707-845-3233

Fortuna Location: 922 N Street (10th and N St.)

Time: 1st and 3rd Mondays of the month 5:30-6:30 p.m.

Contact Sharon for more information: 707-725-8853

Redway Location: Redwood Family Resource Center, 344 Humboldt Ave.

Time: Every Thursday from 5:00-6:30 *Contact Lea for more information: 707-845-3233*

(as of Sept 18, 2018, see webpage for updates)

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

NAMI's Support Groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones (18+) of individuals living with mental illness
- Led by family members of individuals living with mental illness
- Meets weekly or monthly
- No specific medical therapy or medication is endorsed or recommended
- Confidential

By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships. This group allows your voice to be heard, and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion and a sense of community. You'll benefit through other's experiences, discover your inner strength and learn how to identify local resources and how to use them.

NAMI Family Support Groups will help you:

- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Aim for better coping skills
- Find strength in sharing experiences
- Reject stigma and not tolerate discrimination
- Not judge anyone's pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Work for a better future in a realistic way

(Excerpt from NAMI.ORG)

