

Community Events ~ Join Us!

- Wednesday May 1 from 2:00-3:30 pm. Marin County Suicide Prevention Collaborative meeting.** The focus of this meeting is an update of strategy 6 of the strategic plan that addresses suicide prevention, intervention and postvention in school-based settings. Location: Marin County Office of Education, 1111 Las Gallinas Road, San Rafael. [Register here.](#)
- Wednesday May 1 from 7:00 pm-8:30 pm. Let's Talk: Mental Health and Underage Substance Use.** Hosted by Marin Healthy Youth Partnership. This discussion will focus on the connection between mental health and substance use. [Register here.](#)
- Friday May 3 from 10:30 am-1:00 pm. Suicide Prevention Safety Planning Training for the Vietnamese Community.** Learn ways to keep a person safe who may be struggling through 6 steps. Location: Boro Center, 50 Canal St., San Rafael, CA 94901. **Registration:** Mr. Khoa Tran 703-943-0053 or ktran@multiculturalmarin.org
- Saturday May 4 from 9:30 am-5:30 pm. Mental Health First Aid for Adults.** Teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer initial help, and guide a person toward care if necessary. Location: 20 N. San Pedro, Rd., San Rafael. [Register here.](#)
- Thursday May 9 from 5:00-8:00 pm. Drew Robinson: A Survivor's Story of Mental Health, Hope and Recovery.** As seen on ESPN, Drew will share his journey from professional athlete as a major league ball player, including the San Francisco Giants, to his journey as a mental health advocate. Hosted by BHRS, Marin County Office of Education, Buckelew Programs, Equip, College of Marin and Rotary Club Novato. Location: College of Marin Diamond Physical Education Center, 700 College Avenue, Kentfield. [Register here.](#)
- Friday May 10 from 9:00-5:30 pm. Mental Health First Aid for Adults.** Teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer initial help, and guide a person toward care if necessary. Location: Empowerment Clubhouse, 441 Drake Avenue, Marin City. [Register here.](#)
- Saturday May 11 from 9:30 am-2:00 pm. Youth Wellness Festival.** Hosted by the Marin County Youth Commission and partners: Marin 9 to 25, the Marin County Suicide Prevention Collaborative. Location: Terra Linda High School, 320 Nova Albion Way, San Rafael. Registration, TBA.
- Saturday May 11, start time 8:00 am. Buckelew Programs Bike/Hike for Mental Health.** Join Buckelew's annual bike and hike event, fun for all! Location: Miwok Meadows, China Camp, Marin County. [Register here.](#)
- Thursday May 16 from 6:00-7:00 pm. Suicide Prevention Training for the Spanish-speaking Community.** This session provides foundation information on how to help someone who is in distress in a caring and compassionate way. To join the presentation, [please click here.](#) No registration required.
- Saturday May 18. One Stride at a Time: 5K for Hope, Help and Recovery.** Hosted by the Youth Action Team, OD Free, BHRS, and Suicide Prevention Collaborative. Location: McGinnis Park, San Rafael. [Registration and information here.](#)
- Tuesday May 21 from 5-8 pm. Honoring Stories, Transforming Minds with Living Arts Playback Theater.** This experiential improvisational theater will capture stories from the audience for learning and healing. Location: Homeward Bound, The Key Room, 1385 N. Hamilton Parkway, Novato. [Register here.](#)



If you are concerned for yourself or someone else contact:
 The Suicide Crisis & Lifeline at 988 or the Crisis Text Line by texting HOME to 741741.
 For mental health/substance use services, contact: Marin County BHRS Access Line at (888) 818-1115.

For disability accommodations please phone (415) 320-5717 (Voice), CA Relay 711, or email: kara.connors@marincounty.gov at least five business days in advance of the event. The County will do its best to fulfill requests received with less than five business days' notice. Copies of documents are available in alternative formats, upon request.