



2025



May Mental Health Month

Get your green on!

Brought to you by Marin County, HHS, Behavioral Health and Recovery Services and Community Partners

- **Friday May 2nd from 1:00-4:00 pm. Maternal Mental Health, Wellness and Suicide Prevention.** A discussion on maternal mental health and well-being. Location: Dominican University, 50 Acacia Avenue, San Rafael. Guzman Hall. [Register here.](#)
- **Saturday May 3rd from 1:00-4:00 pm. Uplift: Mental Health & Wellness Day.** Hosted by Marin County Cooperation Team's Vision Project with transition age youth. Location: Sausalito Marin City School District, 200 Phillips Drive, Sausalito. [Register here.](#)
- **Sunday May 4th and May 11th from 12:30 pm-5:00 pm. Mental Health First Aid (MHFA) Training.** A course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. Must attend both sessions. Location: Bolinas Community Center, 14 Wharf Rd, Bolinas. [Register here.](#)
- **Wednesday May 7th from 2:00-3:30 pm. Marin County Suicide Prevention Collaborative Meeting.** Focus on school-based mental health and fostering safe and healthy school campuses. Location: Marin County Office of Education, 1111 Las Gallinas Ave, San Rafael. [Register here.](#)
- **Thursday May 8th from 2:00-6:00 pm. An Open House with NAMI Marin at the Mental Health Advocates of Marin/Enterprise Resource Center.** Location: 3270 Kerner Blvd Ste. C, San Rafael. No registration necessary.
- **Thursday, May 8, 6:00-7:00 p.m. Basic Suicide Prevention Training in Spanish.** Location: North Marin Community Services, 1907 Novato Blvd., Novato. Contact: Silvia Albuja at 707-408-3657.
- **Saturday May 10th from 8:00 am-2:00 pm. Bike/Hike for Buckelew Programs: A Movement Festival for Mental Health.** Location: Miwok Meadows, China Camp State Park. [Details here.](#)
- **Saturday May 10th from 9:00 am-Noon. One Stride at a Time.** All ages. Walk or run. Location: 310 Smith Ranch Rd, San Rafael. McGinnis Park. [Register here.](#)
- **Tuesday March 13th from 5:00-7:30 pm. The Power of Connection: A Journey of Mental Health and Recovery.** A community conversation with special guests Kevin Briggs and Kevin Berthia. Location: College of Marin, 835 College Avenue, Kentfield. Room Academic Center (AC) 255. [Register here.](#)
- **Wednesday May 14th from 1:00-4:00 pm. Nurturing the Nurturers: Building Strength, Hope & Community Healing.** Meditation and movement. Location: Spirit Rock Meditation Center, 5000 Sir Francis Drake Blvd., Woodacre. [Register here.](#)
- **Saturday May 17th from 3:00-4:30 pm. Our Lives, Our Stories with Love is the Answer and Living Arts Playback Theater.** Location: First Presbyterian Church, 72 Kensington Rd, San Anselmo. [Register here.](#)
- **Sunday May 18th from 9:00-2:00 pm. Youth Wellness Festival and Art and Film Showcase.** Workshops, panel discussions, art and film showcase, and performances by special guests. Location: Terra Linda High School, 320 Nova Albion Way, San Rafael. [Register here.](#)
- **Monday May 19th from 6:00-8:00 pm. Connecting with Your Child in Difficult Times: Learning from Each Other.** Location: 1505 Mission Ave, San Rafael. Registration is not required.
- **Thursday May 22nd from 6:00-7:00 pm. Virtual training on how to create a suicide prevention safety plan (in Spanish).** Contact: Silvia Albuja at 707-408-3657.
- **Friday, May 23 from 11:00 am to 12:30 pm. Safety Planning Intervention: A Collaborative Approach to Reducing Suicide Risk (in Vietnamese).** Location: Boro Center, 50 Canal St, San Rafael. Register here: Mr. Khoa Tran, ktran@marinaap.org.
- **Saturday May 24th from 12:00-3:00 pm. Celebrando Nuestro Bienestar.** Location: 709 5th Avenue, San Rafael. For more information, contact: egarcia@multiculturalmarin.org



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