

# PASADENA MENTAL HEALTH DAY

## 2017

*Breaking the Cycle, Healing Our Community*

**SATURDAY, MAY 6** : **PASADENA CENTRAL LIBRARY**  
**9:00 A.M.-12:30 P.M.** : **285 E. WALNUT ST.**

Join us as we gather to raise awareness about mental illness, to decrease the stigma, and to increase knowledge and access to quality mental health services and resources in the community. Learn the importance of addressing mental illness and living healthy, and the benefit that it has on the community at large. This is an interactive, experiential, educational and collaborative event.

### KEYNOTE

- **Mental Illness in the Community – Crisis & Homelessness**

*Presented by Pasadena Police Officer Scott Jackson & Guillermo Vasquez, HOPE Team*

### BREAKOUT SESSIONS/ PANEL DISCUSSIONS

- **Community Trauma, Risks and Resiliency**
- **Practical Exercises to Reduce Stress & Overcome Challenges**

### INTERACTIVE WORKSHOPS

- **Trauma Release Exercise**
- **Safety Tips for Bystander Intervention**
- **Talking Circle**
- **Bullying, Social Media, Internet Safety & Advocacy**
- **“NAMI “ In Our Own Voice**
- **Disability Rights California**

**HEALTH SCREENINGS, RESOURCE TABLES, REFRESHMENTS & MORE!**

**For more information, email [PMHAC2017@gmail.com](mailto:PMHAC2017@gmail.com).**

