



## 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](mailto: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.

