

# Everyone's Going Through Something

# MAY



## is Mental Health Awareness Month

#TalkAboutIt #MentalHealthAwareness  
[bchd.org/mentalhealthawareness](http://bchd.org/mentalhealthawareness)



			WED	THURS	FRI	SAT	
			1 Mindfulness Drop-In @ CHF, 5:30 – 6 p.m.	2 Screening & Panel Discussion of "The 5 Word" @ RUHS Auditorium, 6 p.m. RSVP required.	3 Jane's Walk: Reimagining the Riviera @ 5 p.m. RSVP required.	4 Jane's Walk: Explore the Parks and History of Manhattan Beach @ 10:30 a.m. RSVP required.	
				Screen-Free Week	#ScreenFreeWeek		
SUN	MON	TUES	8 Jane's Walk: Open Space and Parks in Hermosa Beach @ 5:30 p.m. RSVP required.  Blue Zones Project® Cooking Show @ Lazy Acres Market, 10 – 11 a.m. RSVP required.	9 Blue Zones Project® Cooking Show @ Lazy Acres Market, 10 – 11 a.m. RSVP required.	10 Medical Exercise Training: Women's Fitness @ CHF, 11 a.m – 1 p.m. RSVP required.	11 Jane's Walk: Hermosa Beach Historical Audio Tour @ 10 a.m. RSVP required.  Jane's Walk: Walkabout Redondo with a Councilmember @ 11 a.m. & 1 p.m. RSVP required.  Medical Exercise Training: Women's Fitness @ CHF, 11 a.m – 1 p.m. RSVP required.	
5 Jane's Walk: Sunset Trail Hike in Palos Verdes @ 6:30 p.m. RSVP required.	6 Families Connected Parent Chat @ BCHD (Suite 102), 10 – 11 a.m.	7 Introduction to Mental Health First Aid Training @ BCHD (Beach Cities Room), 11:30 a.m. – 1 p.m. RSVP required.	12 Medical Exercise Training: Women's Fitness @ CHF, 11 a.m – 1 p.m. RSVP required.	13 Families Connected Parent Chat @ BCHD (Suite 102), 10 – 11 a.m.  Jane's Walk: A Pedestrian's Point of View @ 6:30 p.m. RSVP required.  Medical Exercise Training: Women's Fitness @ CHF, 11 a.m – 1 p.m. RSVP required.	14 Medical Exercise Training: Women's Fitness @ CHF, 11 a.m – 1 p.m. RSVP required.  Blue Zones Project® Social Hour @ R/10 Social House, 5 – 6 p.m.	15 Introduction to Mental Health First Aid Training @ AdventurePlex, 6:30 – 8 p.m. RSVP required.	16 Mindfulness Workshop @ St. Cross Church in the Parish Hall, 6 – 8 p.m. RSVP required.
19	20 Families Connected Parent Chat @ BCHD (Suite 102), 10 – 11 a.m.	21 Dementia Education Consortium @ Redondo Beach Main Public Library, 5 – 7 p.m.  Introduction to Mental Health First Aid Training @ Hermosa Beach Council Chambers, 11:30 a.m. – 1 p.m. RSVP required.	22 Powerful Tools for Caregivers @ BCHD (Suite 102), 4 – 5:30 p.m. RSVP required.	23	24	25	
26	27 AdventurePlex Spring Camp @ 9 a.m – 4 p.m. RSVP required.	28	29 Parent Connection Group @ Aviation Park, 9 – 10 a.m.	30	31	BCHD events  Mental health events	
Center for Health & Fitness (CHF) National Senior Health & Fitness Week							

For more information and to register for events, visit [bchd.org](http://bchd.org) or call 310-374-3426