



Mental Health Matters Day

CALIFORNIA STRONG!

May 23, 2018

9:30 am to 2:00 pm

East Side, Capitol Building • Sacramento, CA

Join us as we celebrate Mental Health Month!

This is a free event! Prepare for outdoor seating, bring folding chairs and blankets.

Speakers

Paul Gilmartin, Event emcee, Former TV host (TBS' Dinner and a Movie), stand-up comedian (Comedy Central Presents) and host of the Mental Illness Happy Hour podcast

Nadia Ghaffari, Founder of TeenzTalk & Senior at Los Altos High School will present Empowering Youth Voice: Peer Support & Fostering Youth-Led Initiatives Around Mental Health
More TBA

Schedule

- 9:30 a.m. Exhibit Tables Open
- 9:45 a.m. Welcoming Remarks
- 10:30 a.m. Speakers & Entertainers
- 2:00 p.m. Closing Remarks

Partners



Contact: info@mhac.org

Register online: <https://goo.gl/vWTDwJ>

www.mentalhealthmattersday.org

Reasonable accommodation will be provided for any individual with a disability. Pursuant to the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, any individual with a disability who requires reasonable accommodation to attend or participate in a meeting or function of the board may request assistance by contacting the MHAC at 916-557-1167.