



YOUR INSIGHTS & IDEAS WANTED:

# HOW CAN MENTAL HEALTH BE STRENGTHENED THROUGHOUT MONTEREY COUNTY?

Engage in an upcoming opportunity to  
shape Mental Health  
priorities, services, and resources.

## **10 Opportunities to Be Heard in Person.**

DETAILS: These are free events.  
Spanish language translation provided.  
Child-friendly - children can read, quietly play  
in area near parents/caregivers.  
Light refreshments provided.

SCHEDULE ON NEXT PAGE.



**\* Attend \* Participate \* Engage \* Share \* Inform \* Advocate \***

**VOICE YOUR IDEAS &  
INSIGHTS - INFLUENCE  
MENTAL HEALTH  
PRIORITIES, SERVICES,  
& RESOURCES.**



**MONTEREY COUNTY  
BEHAVIORAL HEALTH**

**Avanzando Juntos Forward Together**

**REGIONAL FORUMS:**

District 3 - Oct. 28, 6pm - 7:30pm  
City of Greenfield Council  
Chambers

District 1 - Nov. 4, 6pm - 7:30pm  
MLK, Jr. Academy Family Resource  
Center (Alisal Union School  
District)

District 2 - Nov. 6, 5:30pm - 7pm  
Castroville Library Community  
Room

District 4 - Dec. 12, 6pm - 7:30pm  
Oldemeyer Center Seaside Room

District 5 - Dec. 18, 6pm - 7:30pm  
Monterey Peninsula College  
Student Center

**FOCUS GROUPS:**

Early Psychosis & Suicide Prevention  
Oct. 25, 3pm - 4:30pm  
Health Department, Whitney Rooms

Mental Health Needs of Seniors  
Nov. 15, 3:30pm - 5pm  
St. Theodore's Church - Parish Hall, Gonzales

Childhood Trauma Prevention  
Dec. 3, 4:30pm - 6pm  
Monterey County Office of Education, Rm. G/H

Culturally Responsive Approaches  
Dec. 9, 4pm - 5:30pm  
Alisal Community School Family Resource Ctr.

Mental Health Needs of College Age Youth  
Dec. 10, 12pm - 1:30pm  
Hartnell College - King City Campus, Rm. 109