

MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Interested in an elder care package?</p> <p>Contact Shayla at 520-610-3445 or snarcisco@grhc.org</p>		<p>1</p> <p>2</p> <p>Register for our weekly Family, Friends, and Neighbors group starting soon!</p>		<p>3</p> <p>Yes to Life! Information Booth District 2 Service Center 10:00AM - 12:00PM</p>	<p>4</p> <p>Mental Health Awareness Star Wars Family UNO Night District 2 Service Center 4:00PM - 5:30PM</p>
<p>6</p> <p>Active Parenting of Teens 9:00AM - 12:00PM</p> <p>Monday Make a list of 5 things you're grateful for today. ❤️</p>	<p>7</p> <p>Narcen Education Booth District 6 Gas Station 4:00PM - 7:00PM</p>	<p>8</p> <p>Exploring Addiction & Recovery: Medicated-Assisted Treatment District 3 New Beginnings Building 12:00PM - 1:30PM</p> <p>Mind your Mind: Family Paint Night District 3 New Beginnings Building 5:30PM - 7:00PM</p>	<p>9</p> <p>Mental Health Awareness Family Night District 3 Service Center 5:00PM - 7:00PM</p>	<p>10</p> <p>Friday Take a break from screens (phone, computer, etc.) * * *</p>	<p>11</p> <p>✦ COPING TIPS ✦ Make sure your basic needs are being met.</p>
<p>13</p> <p>Mental Health Awareness Booth District 3 New Beginnings Building 9:00AM - 3:00PM</p>	<p>14</p> <p>Stress & Self-Care District 4 Service Center 12:00PM - 1:00PM</p> <p>Mental Health Awareness Family Night District 5 Service Center 5:00PM - 7:00PM</p>	<p>15</p> <p>Youth Mental Health First Aid District 3 New Beginnings Building 8:30AM - 5:00PM</p> <p>Narcen Education Booth District 3 Gas Station 4:00PM - 7:00PM</p>	<p>16</p> <p>Alcohol Awareness District 3 New Beginnings Building 5:00PM - 6:00PM</p>	<p>17</p> <p>Gila River Prevention Coalition District 3 Service Center 10:00AM - 12:00PM</p> <p>Teen QPR Suicide Prevention District 3 Service Center 5:00PM - 6:30PM</p>	<p>18</p> <p>Mental Health Expo District 3 New Beginnings Building 10:00AM - 2:00PM</p> <p>Bring the family!</p>
<p>20</p> <p>Active Parenting (General) District 3 New Beginnings Building 9:00AM - 12:00PM</p> <p>Mental Health Awareness Tour District 1 Service Center 10:00AM - 11:30AM District 2 Service Center 12:00PM - 1:30PM</p> <p>QPR Suicide Prevention 5:00PM - 6:00PM</p>	<p>21</p> <p>Mental Health Awareness Tour District 3 Service Center 10:00AM - 11:30AM District 3 Gas Station 12:00PM - 1:30PM</p>	<p>22</p> <p>Mental Health Awareness Tour District 4 Service Center 10:00AM - 11:30AM District 5 Service Center 12:00PM - 1:30PM</p>	<p>23</p> <p>Mental Health Awareness Tour District 6 Service Center 10:00AM - 11:30AM District 7 Service Center 12:00PM - 1:30PM</p> <p>Healthy Relationships District 2 Service Center 5:00PM - 6:00PM</p>	<p>24</p> <p>Narcen Education Booth District 5 Gas Station 7:00AM - 10:00AM</p> <p>Tobacco/Vaping District 3 New Beginnings Building 10:00AM - 11:00AM</p> <p>My Mental Health Youth Paint Night District 3 Service Center 4:30PM - 6:00PM</p>	<p>25</p> <p>✦ COPING TIPS ✦ Make a list of your strengths.</p>
<p>27</p> <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>28</p> <p>Mental Health Awareness Booth District 6 Shegoi Building 9:00AM - 3:00PM</p> <p>Stress & Self-Care 5:00PM - 6:00PM</p>	<p>29</p> <p>Applied Suicide Intervention Skills Training (2-Day) District 3 NOREX Conference Room 8:30AM - 4:30PM</p> <p>Narcen Education Booth District 3 Ocotillo & Seed Farm Rd. 7:00AM - 10:00AM</p> <p>SafeTALK Suicide Prevention District 3 New Beginnings Building 9:00AM - 1:00PM</p>	<p>30</p> <p>Digital Wellness District 1 Service Center 5:00PM - 6:00PM</p>	<p>31</p> <p>Mental Health Awareness Summer Rock District 6 Service Center 5:00PM - 8:00PM</p>	<p>✦ COPING TIPS ✦ Text or call a friend.</p>

Behavioral Health Services
GILA RIVER HEALTH CARE

Access our monthly calendar at
www.GRHC.org/BHS

(520) 610-3697

BHSprevention@GRHC.ORG



Scan this QR Code to see up-to-date events/activities!



= In-person



= Online



= Mobile RV

CALL OR TEXT 988 FOR THE SUICIDE & CRISIS LIFELINE

Gila River Indian Community

CRISIS HOTLINE:
1 (800) 259-3449

