



Hello Families, Friends and Community,

We would like to invite you to The City of Berkeley Mental Health Division & Berkeley Mental Health Commission's "May is Mental Health Month 2024" campaign.

Please join us and register for the *May is Mental Health Event – “Be Kind to Your Mind”* happening on **Wednesday, May 15, 2024 from 5:30-7:30 pm**, North Berkeley Senior Center, 1901 Hearst Avenue, Berkeley for in person location.

We will have a night full of activities to help you *“Be Kind to Your Mind”*. There will be chair yoga, art, drumming, mediation, raffles, music, food, community resources and more. This is a free community event, available both in-person and via Zoom. Let's unite to show our support for mental health.

Please register. [Here](#) is the link for Eventbrite.

<https://www.eventbrite.com/e/city-of-berkeley-mental-health-may-is-mental-health-month-2024-tickets-880506868747?aff=oddtcreator&utm-source=strongmail&utm-campaign=social%2Cemail&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing>

In-Person Location: North Berkeley Senior Center, 1901 Hearst Avenue

Free Zoom Registration Link:

https://us06web.zoom.us/webinar/register/WN_-DNxDLWdRGWvSI8vS3GBcQ

Webinar ID: 817 1865 5955, Passcode: 905328

Telephone: **Dial: US: +1 669 900 6833**

For additional Information contact: KKlatt@berkeleyca.gov or **Dial: (510) 981-7644**