



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.

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

Speakers

KEYNOTE SPEAKER:

Darryl "DMC" McDaniels from Run DMC will be joining us sharing his story of lived experience of mental health challenges!

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

Live Entertainment

Symphony of Rhythm Drumming Presentation - Drum Café West Coast - In this harmony-rhythm interactive session, participants play boom whackers (tuned color percussion tubes). Participants can hear how their individual voices contribute to a greater whole. When all are working together in harmony, the power is palpable.

Hip Hop Therapy by Beats Rhymes and Life, Inc. - Details to follow

Exhibit

Send Silence Packing®

Send Silence Packing® is an emotionally powerful exhibit featuring backpacks and personal stories from those who have lost a loved one to suicide. The exhibit is presented by **Active Minds**. Visitors are invited to walk among the **Send Silence Packing** backpacks to see the photographs and read the stories attached to them.

Sponsors and 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.