



#BeachCitiesMentalHealth  
[bchd.org/mentalhealthawareness](https://bchd.org/mentalhealthawareness)

# May is Mental Health Awareness Month

## Social Hour with a Beach Cities Health District Care Manager

1st and 3rd Tuesdays (Virtual), May 6 & 20 | 10 – 11 a.m.

2nd Monday (In person), May 12 | 2 – 3 p.m.

Manhattan Beach Joslyn Center, Sunset Room, 1601 N. Valley Dr., Manhattan Beach

If you have a question regarding community resources, want to learn more about Beach Cities Health District (BCHD) or share and learn ways to keep busy, please join us! These meetings are for all, a place to connect and feel heard. [bchd.org/classes-workshops](https://bchd.org/classes-workshops)

## Virtual Mindfulness Drop-in

Wednesday, May 7 | 4 – 4:30 p.m.

Take 30 minutes to downshift and practice mindfulness techniques. Facilitated by an instructor from the Center for Health and Fitness. [bchd.org/mindfulness](https://bchd.org/mindfulness)

## Mental Health First Aid Training

Friday, May 9 | 9 a.m. – 4 p.m.

514 N. Prospect Ave., Lower Level - Beach Cities Room, Redondo Beach

Mental Health First Aid (MHFA) training teaches how to recognize and support individuals experiencing mental health challenges. You'll learn how to assess risk factors, provide initial support, and connect individuals to professional resources when needed. Attendees will have the opportunity to take home a free Narcan (brand name of naloxone) kit. For more information and to register, please visit [bchd.org/mentalhealthtraining](https://bchd.org/mentalhealthtraining).

## "Screenagers: Elementary School Age Edition" Movie Screening

Tuesday, May 13 | 5:30 – 7 p.m.

Hermosa View Elementary School, 1800 Prospect Ave., Hermosa Beach

This new version of the original Screenagers movie addresses issues that elementary school-aged kids, parents and educators are facing – smartwatches in class, unhooking from and monitoring video gaming, social media pressures and exposure too young. Free childcare is available, space is limited. [bchd.org/youthtech](https://bchd.org/youthtech)

## Virtual Families Connected Parent Chat

Tuesday, May 13 | 10 – 11 a.m.

BCHD, South Bay Families Connected and the Thelma McMillen

Center have teamed up for the Families Connected Parent Chat, which offers participants a confidential and supportive space to share their parenting challenges and successes.

[southbayfamiliesconnected.org/parent-chat](https://southbayfamiliesconnected.org/parent-chat)



## Virtual Happiness Chat

Tuesday, May 13 | 12:30 – 1 p.m.

Support your well-being with casual discussions focused on connection and resilience.

[bchd.org/series](https://bchd.org/series)



Please visit [bchd.org/upcoming-events](https://bchd.org/upcoming-events) for more information or to register for upcoming events.

MORE EVENTS



## Mindful Connections Wellness Workshops with South Bay Adult School

**Tuesdays, May 13, 20 & 27 | 12-1:30 p.m.**

*South Bay Adult School, 3401 Inglewood Ave., Redondo Beach, Room 10 and adjacent patio.*

Mindful Connections Wellness Workshops: Mindful Connections is the go-to place for you to gain valuable insights and practical tools to help shift your mindset and improve your quality of life. You are welcome to attend one or multiple sessions during this 7-week series. We ask that all participants be age 18 and older to receive services at South Bay Adult School. Register at: [bchd.org/series](https://bchd.org/series)

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## Dementia Caregiver Support Group

**Manhattan Beach: 2nd/4th Tuesdays, May 13 & 27 | 1:30 – 3 p.m.**

*Joslyn Community Center, 1601 N. Valley Dr., Manhattan Beach*

Facilitated by Beach Cities Health District Social Workers. In partnership with the Alzheimer's Association and Manhattan Beach Older Adults Program.

**Redondo Beach: 3rd Monday, May 19 | 2 – 3:30 p.m.**

*514 N. Prospect Ave., 1st floor café, Redondo Beach*

Facilitated by BCHD's Care Managers Joy Schmidt, LCSW and Rudy Diaz, ASW. In partnership with the Alzheimer's Association.

This support group offers a safe place to address the challenges that come with caring for someone, find support amongst peers who share similar experiences and openly express your feelings around being a caregiver. [bchd.org/support-groups](https://bchd.org/support-groups)

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## Blue Zones Project Social Hour

**Wednesday, May 14 | 4 – 6 p.m.**

*Bollywood Zaika, 633 N. Pacific Coast Hwy., Redondo Beach*

Blue Zones Project's quarterly Social Hour is an opportunity to experience good company and practice some of Blue Zones Project's Power 9 Principles of Longevity, including Down Shift and Positive Pack at a Blue Zones Project Approved Restaurant. Register at: [bchd.org/socialhour](https://bchd.org/socialhour).

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## Moai Social Event: Wilderness Walk

**Monday, May 19 | 10:15 – 11 a.m.**

*Hopkins Wilderness Park, 1102 Camino Real, Redondo Beach*

In celebration of Mental Health Awareness Month, BCHD is partnering with South Bay Parkland Conservancy to highlight the health benefits of nature by inviting community members to embark on a Wilderness Walk! For more information: [bchd.org/moai](https://bchd.org/moai).

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## Center for Health and Fitness: National Senior Health & Fitness Week

**Tuesday, May 27 – 30 | 9 a.m. – 1 p.m.**

*Center for Health and Fitness, 514 N. Prospect Ave., 2nd Floor, Redondo Beach,*

Enjoy FREE fitness classes, health assessments, and educational seminars—all designed to empower you to live a more active, healthy, and fulfilling life. Bring a friend and join us for this fun, inspiring, and educational week! For more information or to register, call **310-374-3426, Option 7** or visit [beachcitiesgym.org/national-senior-health-fitness-week](https://beachcitiesgym.org/national-senior-health-fitness-week).

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## BCHD Hybrid Board of Directors Meeting

**Wednesday, May 28 | 6:30 p.m.**

*514 N. Prospect Ave., Lower Level - Beach Cities Room, Redondo Beach or via Zoom*

Residents are encouraged to attend board meetings in person or via Zoom. You may also contact board members directly with questions or comments, or call 310-374-3426, ext. 8213.

[bchd.org/board-directors-meetings](https://bchd.org/board-directors-meetings)

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## South Bay Leadership & Wellness Conference

**Saturday, May 31 | 9:30 a.m. – 2p.m.**

*allcove Beach Cities, 514 N. Prospect Ave., 4th Floor, Redondo Beach*

Join young leaders from more than 30 organizations across the South Bay to connect, collaborate and uplift our voices together. This event will include conversations about advocacy, mental health, wellness and important topics facing our generation today. For young people ages 12-25. Free food and prizes are included! Plus, get community service hours. **Please RSVP by Sunday, May 18** by visiting [bchd.org/allcovebeachcities](https://bchd.org/allcovebeachcities)