



MAY IS MENTAL HEALTH MATTERS MONTH #EachMindMatters

**Join us for some fun
online events**

Virtual Drumming

May 11, 12, 13, 14, 15, 18, 19

Links for drumming can be found at:

<https://www.tehamacohealthservices.net/events/>

Brave Faces- <https://www.youtube.com/watch?v=OLmcogJH7fQ&t=5s>

Speak Our Mind- <https://youtu.be/kwC2scVn2xQ>



**For more information
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