

# OBSERVING MENTAL HEALTH MONTH

Mental Health Awareness Month has been observed annually in May since 1949, raising awareness about mental illness and addressing the needs of those living with mental illness or disorders, including their families and systems of support. Each year Pasadena raises awareness about mental illness and mental health in an effort to educate the community, de-stigmatize mental illness, and to increase knowledge and access to quality mental health services and resources in the community. It seems particularly apt this year that we recognize the importance of mental health as we deal with uncertainty in our lives.



## Prescription Drugs Misuse and Abuse

Do you know what to do with medication once it's expired? Are you aware of prescription drug trends among youth? Join us and you'll be entered in a prize drawing to win a gift card. *For teens and adults.* Presented by Day One. [Register here.](#)  
**Thursday, May 7** • 5 p.m. • Webinar

## Alcohol and the Body

As stressors rise, alcohol consumption has increased as well. In this webinar, we'll discuss the impact of alcohol on the body, explore reasons for alcohol use among youth and learn about drinking trends. Join us and you'll be entered in a prize drawing to win a gift card. *For teens and adults.* Presented by Day One. [Register here.](#)

**Thursday, May 14** • 5 p.m. • Webinar

## Meditation During Stressful Times

Join long-time meditation practitioner Doug Frankel for a lively presentation on the power of meditation in reducing stress. By meditating daily, you can experience a calm, loving, peaceful state that can help your body, mind, and soul. Includes a short meditation session. *For ages 13+.* Register online <http://pasadena.evanced.info/signup/>.

**Monday, May 18** • 4-5 p.m. • Online

## Zine Together

With this hands-on guided activity for all ages, all you need is paper and a writing or drawing tool. You'll explore a number of topics around mental health, wellness, gratitude and self-care. [Register here.](#)

**Tuesday, May 19** • 4 p.m. • Online

## Preschool Storytime

Library staff present stories and fingerplays about feelings and emotions. *For preschoolers and their caretakers.* [Register here.](#)

**Wednesday, May 20** • 10:30 a.m. • Online

## Creating Resilience

Gain skills to build resilience by identifying your unique strengths. Learn how to maintain a positive perspective and adapt to life's stress. Includes a short yoga session. Yoga mats available if needed. Sponsored by Pasadena Public Health Department and LACDMH Innovation 2 Grant. [Register here.](#) *For all ages.*

**Wednesday, May 27** • 5 p.m. • Online