



SAMHSA

## Self-Care

Treating ourselves with kindness and compassion.

### Exercise



### Get Enough Rest



### Manage Stress



### Develop Positive Support & Friendships



## May is Mental Health Month

Caregivers and consumers, we need to take good care of ourselves and each other!

Make time to do what serves you and connect with others for social support.

See our [resources](#) page for more information.

Consider joining our virtual parent support group.

Our next meeting will be Thursday, 5/4/2023 at 7:30 pm, PST. Please click the banner for more information.

Zoom link for the parent support group is below.

<https://us02web.zoom.us/j/82563263541>

Take good care,

Madhavi Williams



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