



Greetings folks,

May is Mental Health Month!

Check out this **Where to Start May 2024** calendar of activities from the Mental Health America toolkit, great ideas for May and every other month. We will be sharing more MHA resources and coping tools over the next couple of weeks and beyond.

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### Meet our Interim Clinical Advisor

Sarah Scheerger, LCSW, has joined NMBC as Interim Clinical Advisor to consult with the team on mental health issues. We are fortunate to have the support of a mental health clinician with her expert knowledge, skill, and compassion. Click the link above to learn more about



Sarah.

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NMBC was a sponsor of the 20th Anniversary NAMIWalks Greater Los Angeles County Mental Health Fest at the Los Angeles State Historic Park on May 4th. We collaborated with community wellness partners to offer Soundbath and Chair Yoga sessions in the Mind/Body Area . It was a beautiful day of service in support of mental health and wellness.

Pictures and video of the day coming soon!

Gabrielle Thurmond, one of our wellness partners, is hosting a virtual community event. Some of you may have joined her afternoon session at the NAMI Walk on 5/4. If you have not had the opportunity to enjoy a soundbath experience in the past, now is your chance. See the QR code below for the zoom link to virtual sessions on 5/16 and 6/20.

Join our friend Gabrielle Thurmond,  
@SoulfullHealingSpaces, for  
free virtual soundbath sessions  
on Thursday, 5/16 and 6/20,  
8:00 PST.

That's all for now.

Take care,

Madhavi

**3RD THURSDAYS: A VIRTUAL  
SOUND BATH EXPERIENCE TO  
RESTORE YOUR MIND, BODY  
& SOUL**

WHERE: ZOOM MEETING ID 889 0033 0690  
PASSWORD: BREATHE OR USE QR CODE

WHAT TO BRING: YOGA MAT/BED, BLANKET, PILLOW



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