



# Mental Health Matters Day

## CALIFORNIA STRONG!

# May 23, 2018

9:30 am to 2:00 pm

East Side, Capitol Building • Sacramento, CA

Join us as we celebrate  
Mental Health Month!

This is a free event! Prepare for outdoor seating, bring folding chairs and blankets.

### Schedule

- 9:30 a.m. Exhibit Tables Open
- 9:45 a.m. Welcoming Remarks
- 10:30 a.m. Speakers & Entertainers
- 2:00 p.m. Closing Remarks

### Speakers

#### KEYNOTE SPEAKER:

**Darryl "DMC" McDaniels** from Run DMC will be joining us sharing his story of lived experience of mental health challenges!

**Paul Gilmartin**, Event emcee, Former TV host (TBS' Dinner and a Movie), stand-up comedian (Comedy Central Presents) and host of the Mental Illness Happy Hour podcast

**Nadia Ghaffari**, Founder of TeenzTalk & Senior at Los Altos High School will present Empowering Youth Voice: Peer Support & Fostering Youth-Led Initiatives Around Mental Health

More TBA

### Live Entertainment

**Symphony of Rhythm Drumming Presentation - Drum Café West Coast** - In this harmony-rhythm interactive session, participants play boom whackers (tuned color percussion tubes). Participants can hear how their individual voices contribute to a greater whole. When all are working together in harmony, the power is palpable.

**Hip Hop Therapy by Beats Rhymes and Life, Inc.** - Details to follow

### Exhibit

#### Send Silence Packing®

Send Silence Packing® is an emotionally powerful exhibit featuring backpacks and personal stories from those who have lost a loved one to suicide. The exhibit is presented by **Active Minds**. Visitors are invited to walk among the **Send Silence Packing** backpacks to see the photographs and read the stories attached to them.

### Sponsors and Partners



Contact: [info@mhac.org](mailto:info@mhac.org)

Register online: <https://goo.gl/vWTDwJ>

[www.mentalhealthmattersday.org](http://www.mentalhealthmattersday.org)

Reasonable accommodation will be provided for any individual with a disability. Pursuant to the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, any individual with a disability who requires reasonable accommodation to attend or participate in a meeting or function of the board may request assistance by contacting the MHAC at 916-557-1167.