

JULY

2023 MENTAL HEALTH

A W A R E N E S S



#DisabilityPrideMonth

#MinorityMentalHealth
AwarenessMonth

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Mental Health Tip: Talk to a friend about your day.	3	4 4th of July 	5	6 Support Group -Tustin- Setting Summer Goals 	7 Daily Affirmation: Today, I let go of fear and step into my power.	8
9 	10	11 TMS Tuesday @ Tustin	12 	13 Support Group -Los Alamitos- Balancing Work and Leisure 	14	15
16 	17	18 TMS Tuesday @ Los Alamitos	19	20 Support Group -Anaheim Hills- Heat & Stress 	21	22
23 Daily Affirmation: I embrace change and see it as an opportunity for growth.	24	25 TMS Tuesday @ Tustin	26 	27 Support Group -Norco- Summer Self Discovery 	28 	29
30 	31 	30 Second Mental Health Checkup				

Los Alamitos | Tustin | Norco | Anaheim Hills

20+ Other Locations In SoCal.
All events are **FREE**, and **EVERYONE** is welcome!

TMS Tuesday

Learn about TMS Therapy, how it works, and answer any questions you may have.

Peer Support Group

Connect with others and discover new possibilities.

Scan QR code



for more information

Depressed? Anxious?
We Can Help!

Schedule a Free Consultation

www.abetterwaytms.com
714-716-2900