

JUNE

2023 MENTAL HEALTH

A W A R E N E S S



#Men'sMentalHealthMonth

#PTSDAwarenessMonth

SUN	MON	TUE	WED	THU	FRI	SAT
		<p>HAPPY PRIDE MONTH</p>		1	2	3
<p>4</p>		<p>5</p>		<p>Daily Affirmation:</p> <p>I am a strong, capable person.</p>		
<p>6</p> <p>Self-care: Go for a walk.</p> <p>TMS Tuesday! @ Tustin</p>		<p>7</p>		8 <p>Support Group: @ Tustin Coping With Traumatic Events</p>	9 <p>Mental Health Tip: Put your phone down for 1 hr.</p>	10
11 <p>Mental Health Tip: Go to sleep early.</p>	12 <p>Men's Health Week (June 12-18)</p>	13 <p>TMS Tuesday! @ Los Alamitos</p>	14	15 <p>Support Group: @ Los Alamitos Men's Mental Health</p>	16	17
18 <p>Father's Day</p>	19 <p>Juneteenth</p>	20 <p>TMS Tuesday! @ Tustin</p>	21	22 <p>Support Group: @ Anaheim Hills Loss & The Grieving Process</p>	23 <p>Daily Affirmation:</p> <p>Today I will do my best.</p>	24
25	26	27 <p>TMS Tuesday! @ Los Alamitos</p> <p>PTSD Awareness Day</p>	28	29 <p>Support Group: @ Norco Summertime Stress Management</p>	30	30 <p>Second Mental Health Checkup</p>

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