

# MAY



## A Better Way Psychiatry & TMS

### 2023 MENTAL HEALTH

### A W A R E N E S S

#Women's HealthMonth

#MaternalDepressionMonth

#MentalHealthMonth

| SUN  | MON   | TUE   | WED   | THU   | FRI   | SAT  |
|--|---|---|---|---|---|--|
| <br>1<br>Maternal Mental Health Awareness Week (May 2-8)    |   | 2<br>TMS Tuesday!<br>@ Tustin<br>5PM - 7PM  | 3<br>World Maternal Health Day  | 4<br>Peer Support Group<br>@ Tustin<br>5PM - 7PM  | 5<br>          | 6<br>Self-care:<br>Go To The Beach or Park |
| 7<br><br>Children's Mental Health Awareness Week (May 7-13) | 8   | 9<br>TMS Tuesday!<br>@ Tustin<br>5PM - 7PM  | 10<br>   | 11<br>Peer Support Group<br>@ Tustin<br>5PM - 7PM   | 12<br>13<br>Mental Health Awareness Week (May 10-16)  |  |
| 14<br>Mother's Day   | 15<br> | 16<br>TMS Tuesday!<br>@ Tustin<br>5PM - 7PM | 17<br> | 18<br>Peer Support Group<br>@ Tustin<br>5PM - 7PM   | 19<br>20<br>Daily Affirmations:<br>Choose People Who Choose You.                                  |  |
| 21<br>Daily Affirmations:<br>It's Not Me, It's My Brain.   | 22  | 23<br>TMS Tuesday!<br>@ Tustin<br>5PM - 7PM | 24<br>Mental Health Tip:<br>Spend Time Outdoors   | 25<br>Peer Support Group<br>@ Tustin<br>5PM - 7PM   | 26<br>27<br> |  |
| 28<br>   | 29<br>Memorial Day  | 30<br>TMS Tuesday!<br>@ Tustin<br>5PM - 7PM | 31<br> | 30<br>Second Mental Health Checkup<br> |   |  |

#### Helping Others, Healing Yourself

For the month of May join us in helping promote mental health awareness. Even as simply sharing this calendar it can make a difference. 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.

#### Location:

17612 E. 17th Street  
Suite A Tustin, CA 92780  
**5PM - 7PM**

**Depressed? Anxious?  
We Can Help!**

**Schedule a Free Consultation**

www.abetterwaytms.com  
714-716-2900