



MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

Join Behavioral Wellness Community Services for Wellness and Recovery Activities
EVERYDAY in MAY 2020 at 3PM on ZOOM open to all
Closed Peer to Peer conversations will be hosted Daily at 1PM and Thursdays at 3PM



Mondays

Mindfulness with Brock Travis PhD.
ZOOM:520 006 8668 Password: 1234



Tuesdays

Yoga Vibes with Ryan Russ of Sunset Yoga
ZOOM:520 006 8668 Password: 1234

Wednesdays- SPANISH

Dichos con Mely, Community Health Clinics of Central
Coast and Casa De La Raza
ZOOM:520 006 8668 Password: 1234



Thursdays-Closed for Peers

Self Help Support with Catherine
Email: selfhelpgroups.sb@gmail.com
Call: 805)252-0483

Fridays

Healthy Self Image with Elijah and Angel
ZOOM:520 006 8668 Password: 1234



Saturdays

Live Music with Nick
ZOOM:520 006 8668 Password: 1234

Sundays

How to Social Distance in the Outdoors with Barbara
ZOOM:520 006 8668 Password: 1234



DAILY 1PM Peer to Peer -Closed for Peers

Peer-To-Peer with Joe
Email: jhettich@sbcbswell.org or Call: 805)757-0301



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery



WELLNESS • RECOVERY • RESILIENCE

For information or support contact:
Vanessa Ramos
Phone: 805-884-1665
Email: vramos@sbcbswell.org