In honor of Mental Health Awareness Month, Hoag’s Mental Health Center will be hosting activities throughout the month of May. Please join us at any of the events to learn more about the importance of maintaining and improving your mental health. Please call 949 764-6551 for more information.

5-1-17  Hip Hop for Happiness (every Monday in May)
        Workout class for teens ages 13-17
        6:00-7:00pm

        Family FUN Zumba (every Monday in May)
        Zumba class for the entire family
        3:30-4:30pm

5-2-17  Walking for Wellness (every Tuesday and Friday in May)
        Walking Club  Meet in the atrium and walk to Sunset Ridge Park
        Tue: 4:30-5:00pm
        Fri: 5:00-5:30pm

5-3-17  Meditation Wednesdays (every Wednesday in May)
        Meditation class for all levels
        5:00-5:45pm

5-4-17  Yoga for Healthy Living (every Thursday in May)
        Yoga practice for all levels focusing on wellness themes
        4:00-5:15pm

5-9-17  Stop Short of Addiction OC Bar Foundation
        A three session evidence based juvenile intervention program designed to specifically address the needs of first-time juvenile (ages 10-17) offenders who are in the early stages of substance abuse. Both parents are encouraged to attend. Registration required
        6:00-9:30pm  First session held at Santa Ana Court House

5-10-17 Zumbini
        Zumba class for children ages 0-4 and their caregiver
        9:00-10:00am
Mental Health Awareness Month Activities

5-17-17  Drug Trends & Positive Parenting Presentation by Community Service Programs (CSP) (Spanish)
          5:30-6:30pm

Vision Board Workshop for Teens
Workshop will help teens improve their mental health by helping them have a positive outlook for their future. They will utilize positive thinking to create inspirational collages and thus become more future goal oriented.
          Registration required
          5:30-7:00pm

5-23-17  NAMI Provider Course (Training for Professionals)
          Free two day (15-hour) course that presents a penetrating view of the experiences of individuals living with mental illness and their families.
          Registration required
          8:00am-4:30pm  Hosted at the Mary & Dick Allen Diabetes Center

5-26-17  Drumming for Stress Reduction
          Group empowerment drumming incorporates physical exercise, communication and self-expression to help reduce stress
          6:30-8:00pm

5-31-17  Mental Health Resource Fair & Presentations
          8:30am-12:00pm

          Mental Health 101 Presentation (Spanish)
          Dr Garro, Psychiatrist
          9:00am-10:00am

          Memory Presentation (Spanish)
          Dr Love, Neurologist
          10:30am-11:30am

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