



BE A SPARK IN THE DARK

Find your light and build your path to wellness at the 16th annual Minds Matter Mental Health Resource Fair

Saturday, May 4, 2024

Lake Redding Park Pavilion and Gazebo

10 a.m. – 2 p.m.

Resource Fair & Activities

Talk with mental health and substance use treatment providers.

Take a mini workshop to expand your wellness toolbox.

Get creative at the arts, crafts and rock painting nook.

Hope Is Alive! Open Mic

Performer sign in | 10 a.m.

Show | 10:30 a.m. – 1:30 p.m.

To sign up for the open mic, contact Christopher at cdiamond@co.shasta.ca.us or (530) 229-8484.

Visit StandAgainstStigma.com for more information.



Shasta County
Health & Human
Services Agency



Stand Against Stigma
Changing minds about mental illness

Sponsored by the Shasta County Health and Human Services Agency, in conjunction with the Stand Against Stigma Committee and our many community partners and advisory boards. Funding for the event is provided through the Mental Health Services Act.