

Lily Flower of the Valley Presents

Community Wellness & MENTAL HEALTH Awareness Event

May 23, 2026 | 3:30 PM - 6:30 PM

FREE EVENT •
ALL ARE
WELCOME!

- Healing Circles
- Wellness Workshops
- Stress Relief Activities

Connect • Heal • Thrive

Building Mental Health & Wellness in Our Community



May 23, 2026



3:30 PM - 6:30 PM



Norman C. King South Vallejo Community Center
545 Magazine Street
Vallejo, CA 94590



SCAN FOR INFO

www.lilyflowerofthevalley.org |  [lilyflowerofthevalley](https://www.instagram.com/lilyflowerofthevalley)



LILY FLOWER OF THE VALLEY

This program is funded by the Solano County Behavioral Health Services Department through voter approved Proposition 63, Mental Health Services Act (MHSA) and administered by California Mental Health Services Authority (CalMHSA).

Join Lily Flower of the Valley for an empowering evening of education, art, and professional insight during Mental Health Awareness Month!

On May 23, 2026, from 3:30 PM to 6:30 PM in Vallejo, we invite you to our Mental Health Awareness Show and Expert Discussion.

This free community event aims to bridge the gap between mental health, neurobiology, and everyday well-being.

What to Expect:

1. Mental Health Showcase:

Creative performances and art dedicated to breaking the stigma around mental health.

2. Professional Panel Discussion:

Hear from local mental health professionals, psychiatrists, and community experts regarding coping with anxiety, trauma recovery, and whole-person wellness.

2. Interactive Q&A:

A welcoming environment to ask questions and learn about brain-based research and treatment options.

Community Resources: Connect with local services designed to support you and your loved ones.

Together, we can foster a deeper understanding of mental wellness and create a community where everyone can thrive.

Date: May 23, 2026

Time: 3:30 PM – 6:30 PM

Location: Norman C. King South Vallejo Community Center

545 Magazine Street Vallejo, CA 94590

Presented by Lily Flower of the Valley - Healing the Mind. Advancing Science. Empowering Communities.

Call or text: (510) 710-9557 / (510) 479-3037 for any questions or more information