



**Optimist**  
INTERNATIONAL  
Coronado Club



**Thank you Optimist Coronado Club for removing barriers  
and cultivating hope through Coronado SAFE**



# WHAT WE DO:

**Vision:** Resilient youth, able to face life's challenges

**Mission:** To provide prevention and early intervention that improve the emotional and behavioral health of youth and families in Coronado

**COUNSELING  
SERVICES**

**YOUTH  
PROGRAMS**

**PARENTING  
WORKSHOPS**

**EMPOWER FAMILIES IN  
CORONADO**



# IT'S MAY MENTAL WELLNESS MONTH!

## WHAT YOU CAN DO:

- **Talk About It:** Talk to your family and friends about the importance of mental wellness
- **Take Action:** Participate in a mental wellness activity
- **Donate:** Help provide critical mental wellness for your neighbors in Coronado by donating to Coronado SAFE

**DOUBLE YOUR DONATION WITH OUR  
MATCHING CAMPAIGN UP TO  
\$30,000**

**Thanks to the generosity of the  
Vertnetti family**



# COMMUNITY-WIDE ACTIVITIES DURING MENTAL WELLNESS MONTH

## NEW ACTIVITIES ADDED EACH WEEK



<b>Coronado SAFE</b> Executive Functioning By Tuberman-Green on May 24th	<b>Cindy Sanger</b> Guided Meditation & Yoga	<b>Chamber of Commerce</b> Leadership & Wellness Presentation by Sue Gillingham	<b>Natalie Falletta</b> Skin Care is Self-Care
<b>F45</b> 7 for 7 Trial: Exercises Impact on Mental Wellness	<b>Recreation &amp; Golf Services</b> Virtual Exercise Programs	<b>Village Elementary PTO</b> Staff Appreciation Week Activities	<b>Sharp Coronado Hospital</b> Labyrinth Walks
<b>Optimist Club of Coronado</b> BINGO night + Highway Cleanup	<b>Coronado Cultural Arts Commission: Healing Arts</b>	<b>Emerald Keepers</b> Beach Clean Up	<b>Coronado Public Library</b> Self-Care Kits
<b>Rotary Club of Coronado</b> Presentation: Wellness	<b>Coronado High School</b> Self-Care Awareness	<b>Coronado Jr Woman's Club</b> B-WELL Interactive Bingo	<b>Coronado Lions Club</b> Giving Back: Eye Glass Collection
<b>Village Elementary</b> Mahalo Mondays & Wellness Checks	<b>Silver Strand Elementary</b> Peaceful Pauses & Garden Party	<b>Coronado Middle School</b> Zen Den & Mindfulness	<b>Christ Church Day School</b> Letters to Our Seniors
<b>Sacred Heart Catholic Church</b> Wellness Seminars + Prayer in Garden and Chapel	<b>St. Paul UMC</b> Wellness Check-In + Serenity Prayer	<b>Navy Region Southwest MWR</b> Navy's Bridge Run + Women's Empowerment Weekend	<b>Coronado Lacrosse Club</b> Stress-less Stretching
<b>Emerald City</b> Go Surf!	<b>Dr. Mary Anne Haskell</b> Presentation: Brainfood	<b>Mary Farley</b> Yoga & Mental Wellness	<b>Bay Books Coronado</b> Mental Wellness Books on display
<b>Geppettos</b> Mental Wellness Toys on display	<b>Sweat Circuit</b> Beach Work Out	<b>City of Coronado</b> Staff Wellness Activities	<b>YOUR ACTIVITY HERE!</b> host a wellness activity by going to <a href="https://CoronadoSAFE.org">CoronadoSAFE.org</a>





# LET'S TALK ABOUT MENTAL WELLNESS

**MAY 23RD AT 10 AM – 11:30AM**

**BAY BOOKS CORONADO**

Are you a mental wellness champion? Coronado SAFE & Miss Coronado Volunteer will be tabling in front of Bay Books Coronado to celebrate May Mental Wellness Month!



**STOP BY FOR:**

- Coffee and Donuts
- A Photo Booth
- Fun Wellness Freebies
- Valuable Resources to Take Away
- A photo with Miss Coronado Volunteer

**WE'LL SEE  
YOU THERE!**





# **what's the secret to a happier life?**

By Julie Lai, MFTT



I haven't been feeling myself lately.



**THE SECRET?  
GRATITUDE.**



# **GRATITUDE ISN'T JUST A NICE FUZZY FEELING**

**IT'S POWERFUL.  
IT'S PREVENTATIVE.  
IT'S SCIENTIFICALLY-PROVEN.**



SOULPANCAKE®

SP

Think about someone who was **really influential** in your life.

**Somebody who did something amazing or important for you.**





<https://youtu.be/oHv6vTKD6lg?t=162>



<https://youtu.be/oHv6vTKD6lg?t=337>



**Now it's your turn.**

**This week  
call one person and  
tell them why you're  
grateful for them.**



Thank you Optimist  
Coronado Club for  
removing barriers  
and cultivating hope  
through Coronado  
SAFE!



**Any Questions?**



**Connect With Us!**

Website: [coronadosafe.org](http://coronadosafe.org)

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