

A vibrant illustration featuring a bright yellow sun in the top left corner with rays extending across a light blue sky. Stylized, colorful leaves in shades of green, yellow, and purple are scattered throughout the scene, some with small blue droplets. The overall aesthetic is bright and cheerful.

[ME1]

# Ridiculous Goodness Event

Join us as we celebrate the artwork of individuals who have used their creativity to cope with their mental health symptoms. All are welcome to enjoy food, art, and share in the successes of our community.

Saturday  
April 27, 2019  
11 a.m. – 2 p.m.

Wellness Center Central  
401 South Tustin Street  
Building C  
Orange, CA 92866

*For more information, please contact Sohail Eftekharzadeh  
at  
[Sohail.Eftekharzadeh@pathways.com](mailto:Sohail.Eftekharzadeh@pathways.com)  
(714) 361-4860*

Wellness Center Central is proud to host our first Ridiculous Goodness Event. Come to an event promoting Mental Health awareness in an effort to reduce stigma. Representatives from various Orange County organizations will provide information about resources and services available in the community!

Depression Bipolar Support Alliance (DBSA)  
Mental Health Association (MHA – OC)  
National Alliance on Mental Illness (NAMI – OC)  
OC Links  
The H.O.P.E. Center  
And more...

All are welcome to display artwork for the event. Deadline to submit your artwork to Wellness Center Central is April 20<sup>th</sup>, 2019.

*Our goal at Wellness Center Central is to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.*



WELLNESS • RECOVERY • RESILIENCE

