Mental Health Rocks!
Paint a rock and bring a smile into someone’s day!

We are painting rocks with inspirational messages to celebrate Mental Health Month. These colorful creations will be placed around Shasta County and featured on Stand Against Stigma’s Facebook and Instagram.

Join the fun!
Tuesday, April 30th | 5:30-7:30 p.m.
Hill Country CARE Center | 1401 Gold St., Redding

Paint, rocks and pizza provided! Ages 16+

Questions? Contact Carrie Jo at cdiamond@co.shasta.ca.us or (530) 229-8484.