



Holiday Mental Health

Resource Guide

Activities:

- [Holiday Plan Worksheet](#)
- [Sample Self-Care Calendar](#)
- [Holiday Self-Care Tips](#)
- [Coping Toolbox](#)
- [Free and Fun Activities in the Bay Area for Families](#)
- [Family Activities Search Engine](#)

Counseling Services:

- [Axis Community Health](#)
- [CAPE, Inc. Mental Health](#)
- [Care Solace](#)
- [Horizons Family Counseling](#)
- [The Hume Center](#)
- [Kaiser Permanente](#)
- [La Familia](#)
- [National Alliance of Mental Illness \(NAMI\)](#)



For more information please visit
[LivermoreSchools.org](https://www.LivermoreSchools.org)

