

# 26th Annual Consumer Luncheon

Find calm. Build resilience. Live fully.

Celebrate "World Mental Health Day". The event will honor fellow consumers' achievements, provide resources, and information. Enjoy listening to guest speakers, fun activities, food, and more.



Friday, October 10, 2025  
10:00 am - 1:00 pm



Balboa Park Club  
2150 Pan American Road  
San Diego, CA 92101

For people living with mental or behavioral health conditions.

Register online at  
**SDRecConnect.com** using  
**Code: 125883**  
**Cost: FREE**

You must register by **October 2<sup>nd</sup>** online or in-person to be guaranteed lunch.

Contact Taylor Askil at (619) 827-7010  
or [TAskil@sandiego.gov](mailto:TAskil@sandiego.gov) if you have  
any questions or are interested in  
becoming a sponsor.



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