

## Special May Mental Health Awareness Series: Happiness, Health & Abundance

*Overall wellness plays an important role in mental health. Join AHCCCS Office of Individual and Family Affairs (OIFA) and the Arizona Peer & Family Career Academy (PFCA) for a three-part virtual series\* focused on simple, practical ways to support your wellbeing.*

*This series invites participants to explore the foundations of a thriving life through Happiness, Health, and Abundance.*

*\*Each session in the series is designed to stand alone – attend one or all*

**Happiness:** Wednesday, May 13, 2026

**Health:** Wednesday, May 20, 2026

**Abundance:** Wednesday, May 27, 2026

### Session Time:

 **Noon – 12:30 p.m.** (each session)

 **Virtual via Zoom**

 **[Registration](#)**

To learn more about the AHCCCS Office of Individual and Family Affairs (OIFA) and see a list of all Empowerment Tools, visit [azahcccs.gov/oifa](https://azahcccs.gov/oifa).

American Sign Language (ASL) interpretation and Communication Access Realtime Translation (CART) captioning services are available upon request. If you require these or other types of accommodations pursuant to the Americans with Disabilities Act (ADA), please contact Cynthia Burr at [cynthia.burr@azahcccs.gov](mailto:cynthia.burr@azahcccs.gov), no later than May 1, 2026, at 5:00 p.m.