



# COUNTY OF FRESNO

## DEPARTMENT CELEBRATION REQUEST FORM

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**Celebration date(s):**

Month of April

**Celebration theme:**

Stress Awareness Month

**Has the Department undertaken this celebration in the past?**  Yes  No

If yes, please explain: Emails and/or social media.

**Number of staff expected to participate:**

Available for all

**Estimated cost:**

\$0

**What will the celebration entail?**

This celebration will be used as a resource to highlight the importance of mental wellness. Highlighting Stress Awareness Month will be done through emails, social media posts, internal or external newsletters, and community outreach events as they become available. There aren't any specific community events identified at the moment, but should the Department attend, the Department would share educational materials at the events. Communication can be viewable by any community resident who follows the Department's social media platforms.

**What is the public purpose of the Celebration?**

Stress Awareness Month provides a time to raise awareness of the causes and dangers of stress, which can lead to serious health issues like heart disease, anxiety, and depression. It also allows for opportunities to provide resources and normalize the stress conversation by removing guilt and shame with feeling overwhelmed.

**Department head or designee name:** Emma Rasmussen, Deputy Director


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**Department head or designee signature and date**

**Department contact for questions:** Solomon Vang, 559-600-9986

**CAO Review:**

afloresbecker 3/23/2026 10:09:29 AM [ Sign] Double click!  
**CAO signature and date**