



Mental Health Awareness Month May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Check Out Local Mental Health Activities & Events For Children & Youth this May</u>	* 2 <u>Seize the Awkward: Talk With Your Kids About Substance Misuse at 7PM</u>	* 3 <u>For Teens: Safety Planning At 5 PM</u> * <u>Multi-Racial Awareness & Sensitivity Group At 6:15 PM - 7:45 PM</u>	* 4 <u>For Black People: Breathing Room Support Group At 9AM</u> <u>Take A Short Lunch Break For Resilience At 12 PM</u>	5 <u>How Mindful Are You? Take A Quick Mindfulness Quiz To Find Out!</u>	6 <u>Visit An Art Show For Mental Health At 5PM</u> <u>Come See Us On The Downtown Mall 5:-8:30 PM</u>	7 <u>Grove the Blues Away With Local Black Fitness Instructors 9-11AM (All Saturdays this May).</u>
8 <u>For Couples: Subscribe To A Short Podcast That Can Help Improve Your Relationship In Big Ways</u>	9 <u>Express Yourself In A Free Art Class At 11AM</u>	* 10 <u>Join Our Full Coalition Meeting At 3 PM</u>	* 11 <u>Learn How To Respond To An Overdose At 12:30-1:30 PM</u>	* 12 <u>Attend A Training for Parents About Social Media & Mental Health in Adolescence At 7PM</u>	* 13 <u>Attend a Youth Mental Health First Aid Training At 9AM-2:30PM</u>	* 14 <u>Dance Through A Bollywood Fitness Workout At 1 PM</u>
* 15 <u>For Black People & POC: Relax In A Restorative Yoga Class At 2 PM</u>	* 16 <u>For Teens: Learn About Conflict Resolution At 5PM</u>	* 17 <u>Take A Training About Building Community Resilience At 8:30AM-3:30PM</u>	* 18 <u>For Black Women: Move Your Body In A Chihamba West African Dance at 6PM</u>	* 19 <u>Learn About Adverse Childhood Experiences And Creating Safe Spaces At 1 PM</u>	20 <u>Join a Prolifyck Run/Walk for Mental Health Awareness At 5:50 AM - Walkers 6AM - Runners</u>	21 <u>Help Add To Our Community Word Cloud About Lessons Learned Through Hard Times</u>
22 <u>View A Powerful PhotoVoice Exhibit Created By Local Young Adults Of Color</u>	* 23 <u>Take A safeTALK Training On Suicide Alertness At 9AM-12:30PM</u>	* 24 <u>Attend Our COVID-19 Community Memorial Event at 7PM</u>	25 <u>Attend A Grief And Loss Workshop At 7PM</u>	* 26 <u>Join A Conversation About Building Our Cville Caregiver Community At 7PM</u>	27 <u>For Couples: Download A Free & Fun Card Deck To Play With Your Partner</u>	28 <u>Find Ways To Cope With Eco-Anxiety.</u>
29 <u>Create A Wellness Recovery Action Plan</u>	30 <u>Veterans Day Resource</u>	* <u>For Mental Health Care Providers: Learn About Microaggressions With Dr. Ken Hardy</u>				

May 2nd at 7PM
Seize The Awkward: Talk With Your Kids About Substance Misuse At 7PM

May 6th at 5-8:30 PM
Come See Us On The Downtown Mall!

May 20th Early Morning
Join A Prolifyck Run/Walk For Mental Health Awareness

May 23 at 9AM-12:30 PM
Take A safeTALK Training On Suicide Alertness

May 24 at 7PM
Attend Our COVID-19 Community Memorial Event

May 31
For Mental Health Care Providers: Learn About Microaggressions In Clinical Practice With Dr. Ken Hardy

Together for Mental Health!

**Scan Here for our
Virtual Calendar or visit**

HelpHappensHere.org/
MentalHealthAwarenessMonth

