



MENTAL HEALTH AWARENESS MONTH PRESENTATIONS



LEARN MORE AND REGISTER!



Topics covered:

For ages
18+

For Parents of Youth:

Mental Health After High School

May 5,
7-8pm
Virtual

Supporting Our Youth

May 12, 7-8pm
Virtual

Empowered Parents Toolkit:
Hospital & Beyond

May 21, 7-8pm
Virtual

Stress Relief
May 26, 7-8pm
Virtual

For Individuals:

Mental Health is a Super Power

May 7,
10:30-11:30am
Virtual

From Struggle to Strength

May 12,
7:00-8:30pm
Virtual

Women's Wellness

May 13, 3-4pm
Virtual

Hearing Loss & Mental Health

May 20, 3-4pm
Virtual

Community:

The Mental Health Mailbox

May 18, 7-8pm
Virtual

Tardive Dyskinesia Webinar

Date & Time: TBD

Community Leader Series - As We See it

May 5, 8:00-9:15AM
In-Person

Mental Health Essentials

May 12, 7-8pm
Virtual

You Matter Too: Understanding Caregiver Burnout
Date & Time: TBD

For Family Members:

Voices Of Hope: Family Perspective

May 27, 7-9pm
In-Person

DON'T MISS OUR

OPEN HOUSE!



MAY 29TH 5-8 PM
For ALL ages



National Alliance on Mental Illness