**May Mental Health Month 2015 Events**

**(Grand Rapids, MN)**

*Mental Illness affects 1 in 5 families in America. Treatment works!*

Sat. April 25 – FREE **“Hope for Recovery” workshop** (Information, hope and strategies for dealing with the complexities of mental illness) 9:00-3:00, Christ Presbyterian Church, (Room 102), pre-register at <https://hopegrandrapids4-25.eventbrite.com/>.

Fri. May 1 – **First Friday – Art Beyond Bounds** display 4:00-7:00 pm, Grand Rapids Area Community Foundation.

Sat. May 2 – **Stomp on Stigma 5K Run/Walk** sponsored by Children’s Mental Health Services, 10 am, IRA Civic Center. $15 early registration, $20 on site, age 10 and under free. Proceeds to area support service agencies.

Sat. May 2 - **Kiesler “Momtastic Craft & Goodie Sale”**, 9:00-5:00, Solid Rock Church of God, 555 LaPrairie Ave. Great opportunity to buy something special for mom!

Tues. May 5 – **Itasca County Mental Health Local Advisory Committee (LAC) meeting,** 4:45 -6:00, Grand Rapids Area Library. Open meeting with free light supper. Learn basics of QPR suicide prevention techniques.

Fri. May 8 - **“Making Family First”** event (games, music, booths, food) sponsored by Children’s Behavioral Health Services, 4:00-7:00 pm, Central School.

Wed. May 13 – **Northern Opportunity Works (NOW) Open House**, 11:00-1:00 pm, 13 Willow Lane. Come to learn more about the most innovated approach to finding employment in the community. Business owners, employers and community members welcome!

Tues. May 19 – **NAMI Education Meeting, “Dual Disorder—Mental Illness/Chemical Dependency Interaction”,** Colleen McKay of Northland Recovery Center, 6:30-7:30 pm, Grand Rapids Area Library.

Thurs. May 21– “**Protecting Their Futures: Finding and Helping Stressed Children and Families”.** Chris Bray (University of Minnesota Ambit Network) 9:00-12:00, Itasca Community College, L-Arts 115. Pre-register by email to [plholycross@gmail.com](mailto:plholycross@gmail.com) $15 fee payable at door. CEU’s available.

Fri. May 22 **– Kiesler House Public Open House,** 10:30-1:00 pm, 1313 NE 7th St. Stop over for free food and learn about the recovery supports offered plus exciting new developments coming soon for Kiesler!

Thurs. May 28 – **Annual Kiesler House Mental Health Walk.** Assemble at the Depot in downtown Grand Rapids between 11-11:30 am. Walk begins at 11:30 and ends with a free lunch at the United Methodist Church.

**Check the NAMI Grand Rapids Area web site for complete descriptions of these events.**

[**www.namigrandrapidsmn.org**](http://www.namigrandrapidsmn.org)