**May Mental Health  
Month 2018  
Grand Rapids, MN** *1 in 5 people live with a mental illness. Treatment works!   
Make it OK to talk about it.*

**Sat. April 28** – **“Hope for Recovery” workshop.** FREE workshopproviding Information, hope and strategies for dealing with the complexities of mental illness. 9:00-3:00, Community Presbyterian Church, 703 N. Pokegama Ave., Grand Rapids (Room 102). Register at: http://www.namihelps.org/classes.html

**Wed. May 2** **– “Building Healthy Minds and Families”** (Kootasca/Invest Early and Kiesler Partnership). Free educational event with dinner, prizes, child care provided **if pre-registered** at (218) 326-5114 by April 23. 5:00-7:30 at Kiesler Wellness Center, behind Walmart.

**Fri. May 4 – “Youth Mental Health First Aid”,** 8:00 am – 5:00 pm. Grand Itasca Clinic & Hospital, 1601 Golf Course Rd, Grand Rapids. FREE course. Learn the basic first aid skills needed to help a young person experiencing a mental health problem or crisis. Register at: http://www.namihelps.org/classes.html

**Sat. May 5** – **Stomp on Stigma 5K Run/Walk** sponsored by Children’s Mental Health Services, 10 am, IRA Civic Center. $20 early registration, $25 on site, age 9 and under free. Proceeds to area helping agencies.

**Wed. May 9 – Sam Miltich and Friends Concert***—“The Improvised Life: Exploring the Intersections of Mental Health and Creativity Through Jazz”***.** Music and stories of living with mental illness**.** 7:30-9:00 pm, Reif Performing Arts Center (Ives Theater). Tickets at Reif Box Office —donations welcomed.

**Tues. May 15** – **NAMI Education Meeting**: **“Behavioral Health Homes”.** Lisa Carsrud, Northland Counseling Center, will talk about this exciting new service in our area. 6:30-7:30 at the Kiesler Wellness Center (behind Walmart).

**Tues. May 22 – Children’s First (FRED) Event**. Reading and art activity for kids and a parent session on mental wellness. Community Café dinner and free kid’s book provided. 4:30-6:30, Kiesler Wellness Center (behind Walmart).

**Thurs. May 24** – **May Mental Health “Walk for Wellness”.** Assemble at the YMCA Parking Lot (East Entrance) between 11-11:30 am. Walk begins at 11:30 and ends with a free community meal at the Kiesler Wellness Center (behind Walmart). All are welcome!

**Month of May – Art display by Kiesler Wellness Center members** at Brewed Awakenings, 24 NE 4th St., Grand Rapids  
  
*Sponsors: Mental Health Education Fund at the Grand Rapids Area Community Foundation, Northland Counseling Center, Children’s Mental Health Services, Itasca County Public Health, National Alliance on Mental Illness (NAMI Grand Rapids Area), Kootasca, Invest Early, Northhomes, Stenlund Psychological, Fairview Foundation*