



MENTAL HEALTH MONTH - MAY 2022

May 1-31 - Stomp On Stigma Virtual Walk Run lasts all month! Hosted by Children's Mental Health Services. Register: <https://childrens-mental-health-services/reach.square.site/>

May 3, 17, 31 - NAMI Grand Rapids Area, Family Support Group, by Zoom. To attend call 218-999-7658 or email gr.mn.nami@gmail.com

May 6 - Northland Counseling Center Open House at Kiesler Wellness Center 11 AM - 1 PM 3130 SE 2nd Avenue Grand Rapids. Lunch Served, Recovery Stories, Wellness Model, Transition to CBHCC. Community members and providers welcome.

May 11 and 25 - Suicide, the Impact Left Behind, Kiesler Wellness Center, 5 - 6:30 PM, Support group open to those who have lost a family member or friend to suicide.

May 17 - Eating Disorders Virtual Education Session hosted by NAMI Grand Rapids Area, Presenter: Julie Dokken, Manager, Sanford Eating Disorders Unit, Fargo. Noon - 1:30 PM, Free and open to community members and providers. Register: gr.mn.nami@gmail.com

May 19, 20, 21 - "NAMI Dogs" at Super One North (west on Hwy 2). 11 AM to 6 PM, Get your hotdog (or burger, chips, and beverage) here! NAMI Grand Rapids Area and Super One North partner to raise awareness of mental illnesses. VOLUNTEERS NEEDED! gr.mn.nami@gmail.com

May 26 - Kiesler Wellness Center Team Stomp on Stigma Walk 12:15 PM. Register as part of KWC Team at <https://childrens-mental-health-services/reach.square.site/>

May 26 - Suicide Awareness Meeting at Kiesler Wellness Center, 2:00 PM. Presenter: Craig Pierce, Itasca County Health and Human Services, on Case Management. Open to community.