


# May is

## Mental Health Awareness Month

### Join us for the following events!

- May 1—June 30 "Waiting for Beds" exhibit—MacRostie Art Center
- By artists Moira Villiard & Carla Hamilton
  - Explores what happens to people in crisis while they wait for a bed
- May 5 4:00-7:00pm First Friday opening reception at MacRostie "Waiting for a Bed" exhibit (see above)
- May 6 8:30 Registration starts "Stomp on Stigma 5K Walk/Run" sponsored by Children's Mental Health Services
- May 11 12:00-1:30pm "Waiting for Beds" discussion panel with local organizations, community input, and guest speakers at MacRostie. Attend in person or via ZOOM. Free lunch for those attending in person. Register at [www.namigrandrapidsmn.org](http://www.namigrandrapidsmn.org) or use QR code
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- May 13 "Dawn 'til Gone" Walleye Opener Fundraiser for NAMI Grand Rapids area. Pork sandwich sale at Winnie Trading Post, north of Deer River.
- May 20 "Chalk Walk" at Itasca County Fairgrounds Commercial Building. Crisis community resources for families and kids. Must register in advance by calling Support Within Reach 218-326-5008.



National Alliance on Mental Illness  
Grand Rapids Area

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

**Mission:** "To provide education, support and advocacy for children and adults with mental illness and their families".

1 in 5 people will experience mental illness in their lifetime—treatment works!

To find help, dial 2-1-1 or 9-8-8