

MAY 2025

MENTAL HEALTH

AWARENESS MONTH



FREE ACTIVITIES

MAY 1ST – 31ST • EXPRESSIONS NORTH HOMES YOUTH ART SHOW MACROSTIE ART CENTER

Offered with support from First Call for Help. Explore powerful, unique pieces shaped by young people and their journeys.

MAY 3RD • STOMP ON STIGMA WALK/RUN YANMAR ARENA (IRA CIVIC CENTER)! | 8:30 AM REGISTRATION & 10:00 AM START

Fun and refreshing time hosted by Children's Mental Health Services and sponsors! T-shirts for the first 200 registered. Every registration entered into gift card prize drawings.
REGISTER AT: <http://childrens-mental-health-servicesreach.square.site/>

MAY 6TH • INSPIRATION & ART FAMILY SUPPORT GROUP MACROSTIE ART CENTER, 5-8 PM

Featuring Patty and Bob Holycross, inspirational speakers on coping and hope, and Eleanor Tillmans, fiber/watercolor/ceramic artist who will lead the group in decorating a personal journal. Light supper provided.
REGISTER AT: gr.mn.nami@gmail.com

MAY 17TH • HOPE FOR RECOVERY

Mental Illness Education Workshop for friends and family of adults or youth with mental illnesses.

WOODLAND BANK COMMUNITY ROOM, 9 AM – 1 PM

Learn about anxiety disorders, bipolar disorder, borderline personality disorder, depression, schizophrenia, and co-occurring disorders. Get info on diagnosis, treatments, recovery and local resources. Develop skills in crisis management, suicide prevention, and healthy relationships while helping a loved one. Facilitated by Lynn Cochran, Mental Health Social Worker and Jessyca Bardzel, Trained Facilitator/Family Member.

REGISTER AT: www.eventbrite.com or www.facebook.com/share/1AEu4MrZFR/

MAY 18TH • ECOTHERAPY/FOREST BATHING

FOREST HISTORY TRAIL CENTER, 2-5 PM

Experience nature to connect with wilderness. Relax and de-stress in a calming environment. Meet at the 14th Ave SW parking lot behind the Hospital. Facilitated by Beth Prewett, PsyD, MS, LPCC, Level 2 Certified in Ecotherapy, The Woods Therapy and Counseling. Attendees eligible for free State Park Pass drawing. Wear comfortable clothing and shoes, rain gear if needed. Individuals and families welcome.

REGISTER AT: gr.mn.nami@gmail.com

MAY 27TH • QPR, QUESTION/PERSUADE/REFER SUICIDE PREVENTION TRAINING WEBINAR SPONSORED BY NAMI MN, 3-4:30 PM

REGISTER AT: https://us02web.zoom.us/join/03EFxb_dQBGvzb0DVwkXwA#/registration
For onsite group QPR training, contact Shane at Itasca County Public Health: 218-327-5523

MAY

WELLNESS IDEAS



CHOOSE SEVERAL IDEAS FROM THE LIST. MIX IT UP!
CHOOSE A PHYSICAL ACTIVITY, SOCIAL TIME AND HEALTHY EATING TO BALANCE YOUR PHYSICAL AND MENTAL HEALTH.

Drink 64 oz. of water
each day for a week

Spend 15 minutes
talking with a family
member or close
friend today

Make dinner with
someone in your
household today

Read with your child
for 20 minutes today

Walk/Run 5 miles
per week

Movie Night
with family or close
friend(s) today

20 Push-ups
each day for a week

50 Jumping Jacks
each day for a week

25 Sit-ups
each day for a week

1-Minute Plank
each day for a week

Meditate 3 times
per week

Stretch for 10 minutes
each day for a week

Volunteer or do a
random act
of kindness today

Try a new recipe that
is healthy and low in
fat today

Include a vegetable
side with dinner today
(green, yellow, red)

Cut out sweets and
added sugar today!

Reward yourself! COMPLETE 5 ACTIVITIES during the month of May and plan something fun. Hike a local trail, pack a lunch for a picnic in the park, schedule coffee with a friend... The important thing is that it's something you enjoy!

Be creative!

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