

MENTAL WELLNESS

HEALTH & PROGRAMS September & October

MENTAL HEALTH MONDAYS

Mondays in September

MONDAY, SEPTEMBER 12, 9 A.M.-5 P.M.

Water bottle stickers give-away

MONDAY, SEPTEMBER 19, 9 A.M.-5 P.M.

Colorable postcard give-away

MONDAY, SEPTEMBER 26, 9 A.M.-1 P.M.

Mix your own aroma therapy spray
(while supplies last)



Wellness Prize Basket



Aroma Therapy Spray

BINGO!

Special self-care theme
Sept. 1-Oct. 7
Enter in a prize drawing



Tiny Art Kits & Show



WELLNESS WEEK EVENTS

The first week in October

MONDAY, OCTOBER 3, 10:00 A.M.

Free art kit give-away. Create your own Tiny Art and then display it in our Tiny Art Show

TUESDAY, OCTOBER 4, 10:15 A.M.

Amanda from Peace Tree Counseling will be our story time guest! After stories, kids will enjoy an emotions-themed dance party with Mr. Daniel.

WEDNESDAY, OCTOBER 5, 12:00 - 2:00 P.M.

Cooking with Katy of Health Partners. Sign-up to cook a meal and eat lunch in the Maker Space.

THURSDAY, OCTOBER 6, 3:00 P.M.

Exercise mat give-away & mini meditation session!

FRIDAY, OCTOBER 7, 3:30 P.M.

Prize drawing for Wellness Gift Box



PROGRAM FUNDERS



ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL HEALTH:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 6 U.S. youth experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14
- Suicide is the 2nd leading cause of death among people aged 10-34

NEED HELP NOW? CALL:

988

suicide & crisis
lifeline

OR

911

local emergency
response