



NORTH COUNTRY COMMUNITY MENTAL HEALTH

— MAY —

MENTAL HEALTH

AWARENESS MONTH



24th Annual

SPLASH OF COLOR

Fun Run & Walk for Mental Health Awareness

Saturday, May 18, 2024

Prizes, giveaways, and fun “Splash of Color” paint throws! Register for \$10 at Event Brite or on the morning of the event from 9:00 to 9:30. The 5K Fun Run begins at 10 AM and the walk at 10:30 AM. Meet at the Festival Place Shelter in Petoskey.



6 Free Community-Based Events

Join NCCMH staff from each of our six community-based clinics for fun and informative events and hands-on activities to support various aspects of your mental health and well-being.

For details, visit norcocmh.org/news

May 15 – CHEBOYGAN: 1-4:30PM

May 21 – PETOSKEY: 1-4PM

May 22 – BELLAIRE: 1-3PM

May 23 – CHARLEVOIX: 1-4PM

May 23 – GAYLORD: 1-4PM

May 29 – KALKASKA: 3-6PM

#Tools4Resilience

A virtual talk at noon every Tuesday & Wednesday, where you can gain more tools to support your resilience and well-being. Register for one or all of the talks here:



Writing & Art Display Petoskey District Library

Creative writing pieces developed at a writer’s workshop and artwork created by people with mental illness will be on display at the library all month. Take a look!

Mental Health First Aid Free virtual trainings

Youth and Adult oriented trainings are provided free to the community thanks to a state grant. Visit norcocmh.org to register for the links.

Free Movie 1 PM

May 21, Brutus Friendship Center
May 28, Petoskey Friendship Center

Skid Row Marathon, a documentary about engaging people who are homeless, addicted or coming out of prison.

FOR DETAILS, VISIT NORCOCMH.ORG/NEWS