

# #TOOLS4RESILIENCE

## Virtual Education Series

Celebrating **Mental Health Awareness Month** May 2022

12-1 PM EVERY TUES•WED•THUR | EXCEPT EVENING PANEL ON MAY 5 AT 6 PM

*Register for a link to one or all!*



- May 3 **Strong Foundation, Bright Futures: Building a Healthy Tomorrow.** An overview of the parent-infant relationship and its impact on mental health, wellbeing, and resiliency.
- May 4 **Mind Your Own Business: A Guide to Mindfulness for a More Peaceful World** (Panel). A video presentation and panel discussion about using mindfulness as a method for personal and community wellness.
- May 5 **Bridging the Access Gap: Intellectual/ Developmental Disabilities and Mental Health Treatment** (Panel) – EVENING 6 PM-7PM. A panel discussion on the gap people living with intellectual or developmental disabilities face when looking for mental health treatment.
- May 10 **Sleep is Your Super Power.** Even super heroes need sleep. A presentation to learn different techniques on how to get a better night's rest.
- May 11 **Prevention Coalitions and Youth Resilience.** A presentation highlighting youth resiliency and offering peer-to-peer coping strategies to prevent youth substance use.

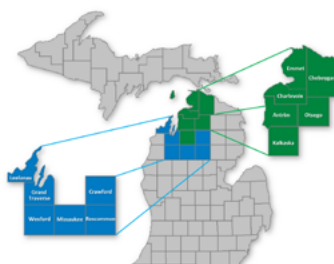
- May 12 **Music for the Soul.** A presentation exploring how music can relax the mind, energize the body, and help promote general mental health wellness.
- May 17 **Facing Down the Dinosaur.** A presentation on the fight/flight/freeze responses to stress. Stress busters that can help you move forward.
- May 18 **Rockin', Rollin' and Strollin': Taking the Next Step to Wellness.** A presentation exploring new ways to get more joyous movement into your life.
- May 19 **Dealing with Depression: From Darkness into the Light.** A presentation on the history of depression, physical, behavioral, psychological signs and risk factors, and coping strategies.
- May 24 **Suicide Awareness and Prevention.** A presentation on how to ask the difficult questions about suicide and explore alternative treatments in prevention.
- May 25 **Somewhere Over the Rainbow, in Search of Health, Humor, and Happiness.** A presentation to learn how humor, laughter, and positive attitude can have a healing effect on mental wellness.
- May 26 **Being in Nature and Mental Well-Being.** A presentation exploring how being immersed in the beautiful nature of Northern Michigan improves our sense of wellbeing.

FEATURING



[northernlakescmh.org](http://northernlakescmh.org)

MyStrength Code:  
NLCMHcommunity



North Country  
Community Mental Health

[norcocomh.org](http://norcocomh.org)

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