



May is Mental Health Awareness Month

Activities

5/9/19	Coloring Time	2:00-3:00pm, NAMI SE MN, 1700 Broadway Ave N, Door B, Rochester
5/15/19	Suicide The Ripple Effect	6:00pm, Jem Theatre, 14 Main Ave. N, Harmony <i>Mental health documentary about suicide prevention</i>
5/16/19	Game Time	2:00-3:00pm, NAMI SE MN, 1700 Broadway Ave N, Door B, Rochester
5/17/19	Mental Health Walk	10:00am from Austin Manor, 510 23rd Ave. NW, Austin to The Bridge, 108 East Oakland Ave., Austin MN
5/18/19	Creating Mental Wellness	Farmer's Market, 7:30am-12:00pm, 4th St SE and 4th Ave SE, Rochester
5/18/19	Whistle Binkies Pub Crawl	9:00am check-in, Whistle Binkies Olde World Pub, NE Rochester (\$50 proceeds benefit NAMI SE MN)
5/18/19	Samuel L. Becker Memorial 5K	9:00-11:00am, Anytime Fitness, 99 20th St. NE, Stewartville (\$25 proceeds benefit NAMI SE MN)
5/23/19	Movie Time	2:00pm, NAMI SE MN, 1700 Broadway Ave N, Door B, Rochester
5/28-9/10	Mind Matters Exhibit	Rochester Art Center, 40 Civic Center Drive SE, Rochester, <i>exhibit using immersive experiences and multimedia activities to raise awareness about mental illness (cost is admission to Art Center)</i>
6/1/19	Run for Rochester 5K Color Run	8:00am, Soldiers Field Park, 244 East Soldiers Field Dr., Rochester (\$25 cash, proceeds benefit NAMI SE MN)

Meet Our Community Partners and check out their websites for more information

NAMI Southeast Minnesota	https://namisemn.org/
CREST Regional Adult Mental Health Initiative	https://www.co.olmsted.mn.us/cs/crest/Pages/default.aspx
Family Service Rochester	http://familyservicerochester.org/
Zumbro Valley Health Center	http://www.zvhc.org/
Riverstone	https://www.riverstonepsych.com/
Nystrom and Associates, LTD	https://www.nystromcounseling.com/
Olmsted Medical Center	https://www.olmmed.org/
Mayo Clinic	https://www.mayoclinic.org/
Fernbrook Family Center	http://fernbrook.org/
PrairieCare	https://www.prairie-care.com/
Community Health Service Inc.	https://chsiclinics.org/