

MAY

Mental Health Awareness Month

TOGETHER

for Mental Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Family Support Group, 5:30-6:30pm, Zoom	3 Stories of Recovery, 12pm, Facebook Live	4 Connection Support Group, 6-7:30pm, NAMI	5 Move for Mental Health, 10am, Essex Park	6 Webinar: Journaling for Wellness, 12-1pm, Zoom	7
8	9	10 Stories of Recovery, 12pm, Facebook Live Connection Support Group, 7-8:30pm, Zoom	11	12 Coffee Talk, 10-11am, Zoom Family Support Group, 6:30-8pm, Holy Spirit	13 Webinar: Intro to DBT, 10-11:30am, Zoom	14
15	16 Family Support Group, 5:30-6:30pm, Zoom	17 Stories of Recovery, 12pm, Facebook Live Nature for Mental Health, 6pm, Quarry Hill	18 Open House, 3:30-5:30pm, NAMI Connection Support Group, 6-7:30pm, NAMI	19	20	21
22	23 Webinar: Intentional Self-Care, 12-1pm, Zoom	24 VOTE!* Stories of Recovery, 12pm, Facebook Live Connection Support Group, 7-8:30pm, Zoom	25	26 Family Support Group, 6:30-8pm, Holy Spirit	27	28
29	30	31 Stories of Recovery, 12pm, Facebook Live		*Special Primary Election - 1st Congressional District https://tinyurl.com/5f5dbe8w	COLOR KEY: Support Groups Sharing Stories Special Events Classes/Skills	

Event Locations

Zoom: Visit namisemn.org/events/

Facebook Live: Visit facebook.com/namisemn

Essex Park, 5455 W River Rd, Rochester

NAMI, 1700 Broadway Ave N, Suites 103 + 104, Rochester

Holy Spirit Catholic Church, 5455 50th Ave NW, Rochester

Quarry Hill Park, 701 Silver Creek Rd NE, Rochester

Questions?
(507) 287-1692



Southeast Minnesota