

# CELEBRATE MENTAL HEALTH MONTH!

## 10 DAYS FOR CHILD AND FAMILY WELLNESS

May is National Mental Health Awareness Month! Celebrate child and family mental health with Vital Village Network and our partners through (1) self-care, (2) creative expression, and (3) civic engagement. May 10-19th you are invited to attend events and check out daily posts on the Vital Village Network Facebook page that include mental health resources, wellness activities and opportunities for civic engagement.

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### CHILDREN'S MENTAL HEALTH AWARENESS DAY!

#### Partnering for Health and Hope Following Trauma

7-9:30pm @ SAMHSA  
National Online Webcast

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#### Family Yoga

11:15-12pm @ Boston Children's Museum

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#### 1) Breakfast IV Brothers

8:30-11am @ @ Kroc Corps Community Center

#### 2) Self Care Event + Facebook Live Reflections

See updates at  
[bit.ly/4mind4bodyBOS](http://bit.ly/4mind4bodyBOS)

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#### Mother's Day Walk for Peace

Louis D. Brown Peace Institute  
8-12pm @ Town Field Park, Fields Corner (start)

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### NETWORK CONNECTION MTG!

Vital Village Network + Co-Hosts  
6-8pm @ Boston Medical Center

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#### Family Mental Health Resource Fair

SPED Child & Teen Mass  
5-7:30pm @ Wilmington High School

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#### Try out a civic engagement action!

See post May 16th at  
[bit.ly/4mind4bodyBOS](http://bit.ly/4mind4bodyBOS)

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#### Unpacking the Backpack: The Resiliency of Trauma & Race + Facebook Live

CPLAN, BPS and VVN  
5:30-8pm @ Bruce C. Bolling Building

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#### Get creative with a wellness activity!

See May 18th post at  
[bit.ly/4mind4bodyBOS](http://bit.ly/4mind4bodyBOS)

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#### NAMI Walks Massachusetts

National Alliance on Mental Illness (NAMI)  
9-1pm @ Artesani Park

GET INVOLVED ON SOCIAL MEDIA!

#4mind4body #4mind4bodyBOS



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