



OUR VOICES, OUR STORIES: MAY MENTAL HEALTH CAMPAIGN



In celebration of Mental Health Awareness Month, Vital Village & partners are hosting community events around the Boston area designed to build social connectivity and highlight how **creative expression, self-care, and civic engagement** can positively impact mental health.

VITAL VILLAGE EVENTS

- 01** **Mental Health StoryTime**
Frugal Bookstore
10:30-11:30am
- 10** **Mental Health StoryTime**
Mattapan Library
10:30 to 11:30
- 13** **May Network Connection Meeting**
Vine Street Community Center
6:00-8:00pm
- 15** **Mental Health StoryTime**
BPL South End Branch
TBD
- 29** **NCM Follow Up**
Northeastern Crossing
6:00-8:00pm

ADDITIONAL EVENTS

- 06** **Youth Film Screening: POC and Mental Health**
Transformative Culture Project
6:30-8:30pm
- 07** **Create a Grief House**
SPARK Center
6:00-7:30pm
- 09** **Address the Stress**
Smart from the Start
11:00am-5:00pm
- 09** **How Does Puberty Affect Brain Development?**
NIMH Facebook Live
2:00-2:30pm
- 11** **NAMI Walks**
Artesani Park
9:00am- 1:00pm
- 18** **Asian American MH Forum**
Malden Sr Community Center
9:00am-5:00pm
- 21** **Mental Health in the Workplace**
General Assembly Boston
6:30-8:30pm
- 23** **Express Yourself**
Wang Theater, Boch Center
7:00pm
- 24** **Infant & Early Childhood Mental Health Wrkgrp Mtg**
MSPCC/CMHC Jamaica Plain
9:30am-11:00am
- 25** **A Day of Inclusion**
TBD
8:00am-3:00pm

FOLLOW THE CAMPAIGN ONLINE:

- @Vital_Village
- @vitalvillagenetwork
- #MaintainYourBrain
- #4mind4bodyB

EVENT FOCUS

- Creative expression
- Self-care
- Civic engagement

Visit our online calendar for event details:
www.vitalvillage.org/calendar
Questions? vitalvillagenetwork@gmail.com - 617-414-3706

