



Children's



# Mental WEalth Week

May 8 - 14, 2021

## KICK-OFF

**MAY**

**8**

### ***Teen Advisor's 5K & 1 Mile***

8:00 a.m.  
Woodruff Park | Columbus, GA  
Sign Up: <https://bit.ly/3uOkS05>

### ***Go Green for Mental Health Awareness on Social Media***

Wear green or a green mental health ribbon to faith-based and community activities. Post on social media using **#MentalWEalthColumbus** or **#MentalWEalthMCSD**

## WEEKDAY EVENTS

**MAY 10**

### ***Virtual Mental Health Resource Fair***

4:00-6:00 p.m. | Sign Up: <https://bit.ly/3agWnk5>  
All ages

**MAY 11**

### ***Lunch & Learn: Protective Factors & Self Care Webinar***

12:00 p.m. - 1:00 p.m. | Sign Up: <https://bit.ly/3xcd0aH>  
Sponsored by the Pastoral Institute | Parents & Staff (Recorded session will be available @ 6:00 p.m. on the MCSD Facebook page.)

**MAY 12**

### ***Stop the STIGMA Campaign & "My Well-being Pledge" Day***

Pledge cards are available at all schools and on the MCSD website News section. | All ages

**MAY 13**

### ***Lunch & Learn: NAMI presents "Ending the Silence" Webinar***

12:00 p.m. - 1:00 p.m. | Sign Up: <https://bit.ly/2QFGM6S>  
Parents & Staff (Recorded session will be available @ 6:00 p.m. on the MCSD Facebook page.)

**MAY 14**

### ***Community-Wide Brain Break @ 2:00 p.m.***

See suggested activities on the MCSD Website News section. | All ages

## **Mental WEalth is for Everyone!**

**ALL**

Contact your child's school counseling department to find out about school-based activities.

