



May is Mental Health Month

May 9th - 11:00am - Self-Care Presentation by Kayla Brady, MSW. Join MHA's Program Manager on zoom as she discusses the importance of Self-Care.
<https://us06web.zoom.us/j/82856645222?pwd=qU14nbAlgryIaH9k4vZniVTW5voA9E.1>

May 14th - 1:30pm - Chair Yoga with Judy. Have anxiety?! Join us to learn about different movement and breathing techniques to help ease your anxiety. This is located at the Mt. Carmel Baptist Church in Carmel. (Please Park in the Wenco Plaza Parking lot off Fair Street and enter through the white fence door).

May 15th - 6:30-7:30pm - Talk Saves Lives Zoom Presentation by Maria Idoni from AFSP. See the attached flier for details. [Home - American Foundation for Suicide Prevention \(attendase.com\)](https://www.attendase.com)

May 18th - 10am - Family Movie Event "Imaginary Friends" at the Carmel Cinema. This movie is for Families of Putnam County. Please see the flier attached for all the details.

May 21st - 2:30pm - Drop-in at Wendy's in Carmel. Meet MHA at Carmel Wendy's and we will buy you a "biggie bag" meal. Call the MHA for details.

May 22nd - 6:30-8pm - Family Support Group with Bill. You Are Not Alone! Come and feel connected to families that have the same struggles as you. Bill, group facilitator, is a Psychiatric Nurse as well as a NAMI Putnam certified instructor for Family-to-Family, which is an evidence-based program. See flier attached for all the details. Refreshments will be served.

May 28th - 1-4pm – Drop-in at Mt. Carmel Baptist Church. Come spend some time with us and enjoy pizza and do some *spring crafts*. MHA will have a *resource table* available for mental health and services available in Putnam County, come on by and grab some information.

Every Thursday - 2:30-3:30pm – Women's Group with Bonnie at Brewster Library. Ladies, come chat and receive support from other women who've might have encountered a shared experience as you. It's a great place to support other women! **(no group on May 23rd)**

Please feel free to call should you need additional information. 845-278-7600

www.mhaputnam.org