

Mental Health Awareness Month



May is Mental Health Awareness Month.

That means there are a ton of events around our area where we will be waiting to meet you! This week, we're at the YMCA...

BREAK THE STIGMA

Thursday | May 19

5:30 - 7:30 PM @ Kankakee
YMCA

There's nothing like a personal story to give you a boost of fresh hope. That's what this week's event is all about. Riverside Healthcare and the YMCA invite you to hear others' stories of struggle and healing with mental health. We'll be there waiting to meet you, along with many others from our community's helping organizations. Look for our table!

BREAK THE STIGMA



**Stories of mental health &
healing in our community**

**Thursday | May 19
5:30 to 7:30 PM**

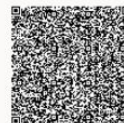
**Kankakee Area YMCA
1075 Kennedy Drive, Kankakee**

Guest Speakers:

**Kent Wade
Penny Greenlee
Todd, Dawn, & Trey Schwarzkopf
Alex Quezada
Leslie Quezada**



Let us know you plan on attending by scanning
the QR code and selecting "Going"



Cyndi's Caregiver Craft Class

Monday | May 23rd

6 - 8 PM @ B. Harley Bradley House
101 S Harrison Ave., Kankakee
Register for FREE | <https://bit.ly/383YR7P>

Need to refill your "fun-tank?" Caregivers, this night is for you!! Cyndi has made it easy for you to make friendships with others who feel your pain. She's been there and has created a space for you to connect, create, and find the support you long for.

Cyndi's Caregiver Craft Classes
DIY "MILK JUG" VOTIVES

Join us for a fun activity to help with stress reduction for caregivers of children receiving mental, emotional, and behavioral health services in Kankakee County.



diy
"milk jug"
votives

This month, we will be making DIY "Milk Jug" Votives. It just takes a couple of hours, 1 milk jug, scissors, adhesive, a candle, and your fingers. No prior experience is needed. Materials will be provided. It's the prettiest decor for your backyard this summer. They make wonderful gifts.

WHERE
B HARLEY BRADLEY HOUSE
701 ST HARRISON AVENUE
KANKAKEE, IL 60901

WHEN
Monday, May 23
6:00 PM - 8:00 PM

*Prior registration is required through
EventBrite by noon on Sunday, May 22.
<https://bit.ly/383YR7P>*

PROJECTSUN
Helping children flourish



Project SUN monthly newsletters are intended to inform family members and those working with families. You are all valuable members of the **Strong and Unified Network (SUN)** being built to support the children's mental, emotional, and behavioral health system of care in Kankakee County. You are encouraged to invite others to become involved in these efforts to help children flourish. Please share this newsletter with those who may find this information useful. Suggest they

visit projectsunkankakee.org and sign-up to receive their own copy and become a member of the Network.



Copyright © 2022 Project SUN, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Project SUN · 701 S Harrison Ave · Kankakee, IL 60901-4255 · USA

