

Mental Health Awareness Month

MAY 2022

PROJECTSUN

Helping children flourish



Caregivers...Meet Your Support System!



Face to Face This Week!

May is Mental Health Awareness Month.

That means there are a ton of events all around our area where we will be waiting to meet you! We're especially highlighting these three community-wide events where you will discover great resources for your family's mental health. Be on the lookout for other activities taking place throughout the month!

Youth Mental Health & Wellness Fest
Saturday, May 14th // 8AM-12PM
@ Kankakee Farmers' Market



Saturday | May 14, 2022
8 AM - 12 PM

Kankakee Farmers' Market
Intersection of S. Schuyler Ave. & Merchant St.

Come and enjoy a variety of
YOUTH FOCUSED ACTIVITIES

presented by local community organizations!

- Tools and tips for supporting mental health, self-care and wellness.
- Live music, local artists, and poets!

May is
Mental Health
Awareness
Month

This fun and informative day focuses on promoting youth mental wellness and healthy coping mechanisms while decreasing the stigma around mental health.

Participants can earn food & drinks coupons from Farmers' Market vendors.



projectsunkankakee.org | 815-304-5933 | [f](#) Project SUN Kankakee | [i](#) ProjectSUN.K3

Mental Health RoundTable
NAMI Presentation on Peer Support
Friday, May 13th // 8AM @ Riverside's Dining Room



Mental Health Awareness Fair & Ice Cream Social
Friday, May 13th // 10AM - 2PM @ Riverside's Pavilion Lobby

You're invited to Riverside Behavioral Medicine's

Mental Health Awareness Fair & Ice Cream Social

Friday, May 13th

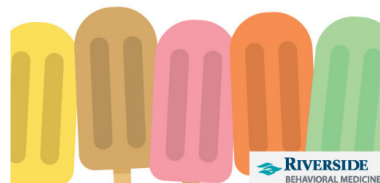
Riverside Healthcare
Pavilion Lobby

10 a.m. to 2 p.m.

Ice cream will be served from 11 a.m. to 1 p.m.

Join us to:

- Learn more about the services provided by Riverside Behavioral Medicine
- Get a mental health check-in
- Learn more about Community Partner Organizations
- Enjoy a popsicle from La Dèlicat



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.



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