

Washington County, PA

2023



MAY MENTAL HEALTH AWARENESS MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	Show some love to someone in your life.	WHS Mental Health Awareness Day	PA Care Partnership Navigating the Juvenile Justice System with MH Challenge @7:00pm sign up online	Pa Care Partnership Motivational Speaker Gab Bonesso 12 to 1:30 pm	Youth Move Pa Thrive for Hope 4pm https://us06web.zoom.us/j/92919602424	Take time to laugh.	Journal your feelings.
7	8	9	10	11	12	13	
Take A Walk.	Do something you enjoy.	CSP Meeting 10:30 am via zoom Contact Dave Jenco at 724-239-3993 ext. 201	Youth Move PA 12:00pm zoom (signup online) Stand Against Stigma Virtual Workshop	PA Care Partnership Overcoming Social Stigma @12:00pm MHS of WC 56 th Annual Dinner by invitation	“You don’t have to see the whole staircase, just take the first step.”	BHDS MH Awareness Day Washington Crown Center 10am-4pm	BHDS MH Awareness Day Washington Crown Center 10am-6pm
14	15	16	17	18	19	20	
Notice the positives in life.	Take care of your physical health.	Get a good night’s sleep.	“Your present circumstances don’t determine where you go; they merely determine where you start.”	Youth Move Pa Life Through My Lens Workshop Zoom (signup online) 3:30-5:30pm	Take a break from Social Media and the News.	WCBHDS MH & Suicide Awareness Color Run @ WP Stone Pavilion 11-2	
21	22	23	24	25	26	27	
Focus on finding the positive.	Practice Forgiveness.	MHA MH Awareness Night Washington Wild Things Stadium 7:00pm	PA Families 2023 MH Awareness Walk Twin Lake Park Activity Center & Pavilion #7 set up at 10 am walk starts at 11 am.	NAMI Keystone PA/Washington Meeting 6pm 95 W. Beau St. Suite 300 Wash, PA	PA Care Partnership Speaker Kevin Puskaric and Jamal Ford on Substance Abuse 12-1:30pm Nami Support Group 2:30-430pm- Ct. House Sq.	Recharge yourself...Do something you enjoy.	
28	29	30	31				
Be your best self.	Don’t be afraid to ask for help. We all need help sometime.	Listen to a Mental Health Podcast or Read.	“By taking care of myself I have so much more to offer the world than I do when I am running on empty.”		***The Washington County Commissioners’ Mental Health Awareness Proclamation will be on 5/18/23 at 2pm.		

SAVE THE DATES: Out of the Darkness Walk 9/30/23 at 9 am, Wild Things Park, Washington PA
Stomp the Stigma 5K 7/1/23 at 9 am, Peters Township, South Park Fairgrounds