



# MAY IS MENTAL HEALTH AWARENESS MONTH

## *Mental Health Awareness Events*

For more information on these events, go to the following website: <https://www.eventbrite.com/d/md--baltimore/mental-health/?page=2>  
**NOTE: Some of these events will fill quickly**

May 1—6am March for Our Minds—from St. Martins Church to Severna Park High—sponsored by Our Minds Matter—FREE

May 4 from 4pm-6pm—MD Coalition of Families Concert + Fundraiser—Gloria Dei! Lutheran Church, Arnold—0-\$8

May 6 from 4-6pm—Celebrating Through Art: The First Lady's Mental Health Awareness Youth Art Display—Lowe House Building, Annapolis—FREE

May 8 from 8:30a-4pm Baltimore County SBIRT Conference—Red Lion Hotel, Lutherville MD—FREE

May 9 5:30pm—AACC CALT Building—Children's Mental Health Awareness—FREE

May 10 from 8:30am—noon—Anxiety, Depression, and Irritability in Children + Adolescents—Sheppard Pratt Conference Center, Baltimore—FREE

May 10 from 6:30pm-9pm—No Letting Go Film Screening at Sheppard Pratt—Baltimore—FREE

May 10 from noon—4pm—Supporting Families as They Navigate Stigmatized Grief of Overdose—The Living Legacy Foundation of MD, Halethorpe—0-\$20

May 16 from 8:15am-4pm—MD Assembly on School Based Health Care Annual Conference—The Meeting House, Columbia MD—\$112.50-\$125.00

May 16 from noon-1pm—Lunch + Learn/The Relationship of Bullying + Suicide, Spring Grove Hospital Center, Catonsville—FREE

May 18—11am Rally for More Mental Health Resources @ Susan Campbell Park—sponsored by Our Minds Matter—FREE

May 18 from 9am-noon—Mental Health Workshop—Quinn Chapel AME Church, Frederick—\$15

May 18 from 9-4—Teen Health Summit—Oxon Hill High School—FREE

May 19—11am Burgers + Bands—Severna Park Taphouse 0-\$20

May 20 1pm-3:30pm Natl Older Adult Mental Health Awareness Day—**Pre-Registration Required**—Hubert Humphrey Bldg Washington DC

May 22 from 8am-2:30pm—Family Caregiver Conference, Morgan State University Student Center, Baltimore—free

May 25 from 10am-1pm—Sistahs Need Healing Tool—160 Ritchie Hwy, Severna Park—\$20

May 29 @ 8pm All the Feels Variety Show : A Mental Health Variety Show for all ages—Union Stage Washington DC —\$25