

**Kicking off Mental Health
Awareness Month**

BUILDING BLOCKS OF MENTAL HEALTH

Tues. May 2

5:30pm-FREE dinner available

6:00pm-Panel Presentation

7:30pm-Resource Fair & Community Art
(additional details on following pages)

Camp St. Croix,

RCU Discovery Center,
532 County Road F, Hudson, WI

Let's come together to:

- Highlight & celebrate mental health resources in the Hudson area!
- Explore how we can help build mental health and wellness for all!

Event hosted through the collaboration of:



United Way
St. Croix Valley



FIRST PRESBYTERIAN CHURCH
of Hudson, Wisconsin

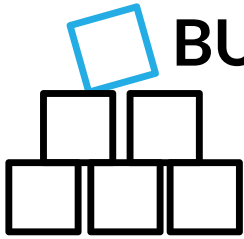


...with gratitude to many other community partners!

**SCAN to
register!**

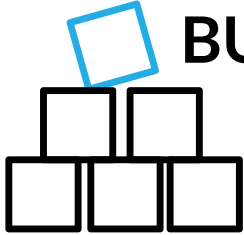


Panel presentation to feature:



BUILDING BLOCKS

of personal mental health,
presented by trainers in:



BUILDING BLOCKS

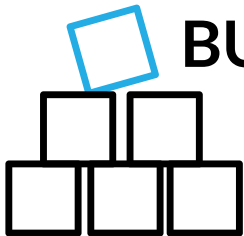
for addressing mental health challenges,
including:

- resources for locating mental health providers & support networks, presented by Selena Freimark, Health and Well-Being Educator, University of Wisconsin-Extension;
- resources available through St. Croix County,
- mental health supports for teens/ youth!



Extension

UNIVERSITY OF WISCONSIN-MADISON
ST. CROIX COUNTY



BUILDING BLOCKS

for ensuring comprehensive mental health
and wellness for all:

- exploring actions we can all take to support mental health for ourselves, loved ones, and all in the community
- inviting all to action in Mental Health Awareness Month

Registration preferred,
to ensure adequate dinner quantities

REGISTER AT:
bit.ly/BuildingBlocksOfMentalHealthRegister

SCAN to
register!



Resource fair to include:



United Way
St. Croix Valley



NAMI
National Alliance on Mental Illness
St. Croix Valley



the

YMCA



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



Turningpoint

FOR VICTIMS OF DOMESTIC
AND SEXUAL VIOLENCE



Our Neighbors' Place



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ST. CROIX COUNTY

Collaborative Community Art Project

We'll create together
celebrating what
supports mental
health and wellness
and affirming our
commit to work
together to nurture
mental health for all!
**More details coming
soon!**

Make It OK

Additional resource fair participants
will be added as they're confirmed!

Thanks to these community partners for contributions
to our FREE dinner, which will include an assortment of
sandwiches/ wraps, chips, cookies, beverages:



FIRST PRESBYTERIAN CHURCH
of Hudson, Wisconsin



Additional contributors coming soon!