

# Children's Mental Health Awareness Week

## Schedule of Events

<p><b>May 3</b></p>	<p><b>Virtual Coloring Activity begins What Does Hope Mean to You?</b> on the <a href="#">CHJIY webpage</a> – virtual participation for families to draw a picture of what hope means to them, and upload submissions to the <a href="#">CHJIY Facebook</a> or <a href="#">UTHSC_CHJIY</a> Twitter pages.</p>
<p><b>May 4</b></p>	<p><b>Reading with Michelle Obama “Ms. Maple’s Seeds” at 11:00 am CST</b> – the former first lady will host a virtual read-along for families to tune in through the <a href="#">CHJIY Facebook</a> or <a href="#">UTHSC_CHJIY</a> Twitter pages.</p>
<p><b>May 5</b></p>	<p><b>Building Strong Brains TN: Adverse Childhood Experience training, 12:00 – 1:30 pm</b> – with Executive Director of Legacy of Legends, CDC, Pastor Charlie Caswell at the following link: <a href="#">Charlie Caswell Facebook Live</a>.</p>
<p><b>May 6</b></p>	<p><b>National Federation of Families for Children’s Mental Health Free online training: <a href="#">Self-Care Action Plan for Parents and Caregivers</a></b> – this training is open to the public, and is designed to engage and inform, families, caregivers, and providers, and offer resources to the community.</p>
<p><b>May 7</b></p>	<ul style="list-style-type: none"> <li>• <b>Dr. Altha Stewart, guest on Channel 3 Live at 9, with Marybeth Conley</b></li> <li>• <b>Lunch and Learn Webinar hosted by Pastor Dianne Young, F.A.C.E.S. of Memphis, 11:00 am – 1:00 pm – “Building Resilience in Children During COVID-19”</b></li> </ul> <p>- Dr. Altha Stewart, UTHSC, Sr. Associate Dean for Community Health Engagement, Director of the Center for Health in Justice Involved Youth</p> <p>- Ms. Keri Virgo, Director, Office of Children, Young Adults, and Families, Tennessee State Department of Mental Health and Substance Abuse Services</p> <p>Meeting information is posted on the <a href="#">CHJIY website</a> for connection.</p> <ul style="list-style-type: none"> <li>• <b>Wear your GREEN</b> – for families to upload pictures or videos of how they are celebrating children’s mental health awareness to the <a href="#">CHJIY Facebook</a> or <a href="#">UTHSC_CHJIY</a> Twitter pages.</li> </ul>
<p><b>May 8</b></p>	<p><b>Virtual 1k - 5k Walk/Run/Bike</b> – families are encouraged to get up and get moving while practicing safe social distancing. Walk, run or bike from anyplace you choose.</p> <p>Upload your pictures and video progress to the <a href="#">CHJIY Facebook</a> or <a href="#">UTHSC_CHJIY</a> <a href="#">Twitter</a> pages.</p>
<p><b>May 9</b></p>	<p><b>Virtual Townhall: Women and Children Mental Health Maintenance, with Kara Caruthers, PA-C, 10:00 am – 12:00 pm:</b> PA Caruthers, UTHSC Assistant Program Director of the Physician Assistant program, and Director of Community Engagement, Diversity and Recruitment will discuss our children’s response to COVID-19 and how to help them maintain good mental health during a crisis. Participants will attend using the Zoom meeting information available on the <a href="#">CHJIY website</a>.</p>