

Celebrating Mental Health Awareness May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Center for Health in Justice Involved Youth https://www.uthsc.edu/chjiy</p> <p>More training opportunities with Mental Health Technology Center Network (MHTTC) may be found here</p>		<p>More resources and information available: https://www.uthsc.edu/chjiy/mental-health-awareness.php.</p>			<p>Remind your child that it's okay to talk about their feelings and to ask for help. 1</p>	<p>Reach out to someone who needs support. Tell them they are not alone. 2</p>
<p>Virtual Coloring Activity: "What Does Hope Mean to You?" 3</p>	<p>Reading with Michelle Obama "Ms. Maple's Seeds" 4</p>	<p>Building Strong Brains TN: Adverse Childhood Experience Training (ACEs) 5</p>	<p>Self-Care Action Plan for Parents & Caregivers free online course 6</p>	<p>Children's Mental Health Awareness Day! Lunch & Learn Webinar "Building Resilience in Children During COVID-19" 7</p>	<p>Virtual 1k-5k Walk/Run/Bike Get out and Get Moving with Family! 8</p>	<p>Virtual Webinar "Women & Children Mental Health Maintenance" 9</p>
<p>Ask your child what they are most proud of. 10</p>	<p>Help your child list their strengths and weaknesses. 11</p>	<p>Talk about what you are grateful for. 12</p>	<p>Talk to your child and family about using first person language. 13</p>	<p>Remind your child that nothing is impossible. 14</p>	<p>Say "I love you" and "Thank you". 15</p>	<p>Take a walk. Notice what you see, hear and smell. 16</p>
<p>Encourage your child to try something new. 17</p>	<p>Download a mental health or mindfulness application 18</p>	<p>Tell someone about a hard time when their support mattered. 19</p>	<p>Encourage your child to try their best and have fun. 20</p>	<p>4:00 PM Understanding Grief and Increasing Wellness: Trauma-Re Informed Learning for Early Childhood Educators. Register here 21</p>	<p>1:00 PM Making a Good Connection: Engaging Students and Families in School Tele-Mental Health- Best Practices for Student Engagement Webinar. Register here 22</p>	<p>Help your child set realistic goals. Discuss steps to make them happen. 23</p>
<p>Value your child's judgment. Teach them to trust their instincts. 24</p>	<p>Show your child that taking care of yourself is important. 25</p>	<p>12:00 PM Trauma Informed Care: Through the Lens of COVID-19, Part 1, webinar. Register here. 26</p>	<p>12:00 PM Trauma Informed Care: Through the Lens of COVID-19, Part 2. Register 27</p> <p>2:00 PM Self-Care and Promoting Post-traumatic Growth and Management during COVID-19. Register</p>	<p>1:00 PM Compassion Fatigue: Managing During the Pandemic. Register 28</p> <p>2:00 PM Changing the Conversation: Shared Decision-Making in Treatment & Recovery Support Service Setting. Register</p>	<p>1:00 PM Making a Good Connection: Engaging Students and Families in School Tele-Mental Health - Enhancing Family-School Partnerships, MHTTC Network webinar. Register 29</p>	