

Mental Health AWAREness Month



May is Mental Health Awareness month! Take this opportunity to learn more about your mental health. Check out these events!

ANGST - Mental Health Film Screening

Johnson High School
May 6th 6-8pm

Can't make it? Watch at home
May 7th-12th using link to the right



Youth Mental Health First Aid Training in Spanish **May 3rd, 4th, and 10th from 5-7pm on zoom** Register using link to the right



Youth Mental Health First Aid Training in Spanish **May 11th, 17th, and 18th from 5-7pm on zoom** Register using link to the right



Learn the Warning Signs of Suicide- QPR Gatekeeper Parent Training **May 25th 6:30-8pm** In person at LCCA or virtual **Register using link to the right**

