



Mental Health Action Month

May 2024



SUN	MON	TUE	WED	THU	FRI	SAT
			01 Make plans with a friend	02 Claudia Erickson 7-8:30pm Wilton Library	03 An Evening of Wilton Unplugged	04 Get out and enjoy nature
05 	06 Do an art project	07 Practice gratitude	08 Check on a neighbor	09 	10 	11 Screening of Disney's "Inside Out" & Wellness Resource Fair
12 Plan wellness goals for the week	13 	14 Take time for you	15 Understanding the Transgender and Non-Binary Identity	16 Mental Health Action Day! Statement on Mental Health Color Dash Wear your Green Ribbon!	17 	18 Coffee - Community - Connection
19 Do nothing day	20 Try something new	21 	22 Opioid Education & Narcan Training	23 Bake something	24 Enjoy family time	25 Challenge Yourself
26 	27 Memorial Day	28 Family Dinner	29 	30 Find something to celebrate	31 	

Mental Health Action Month events brought to you by:

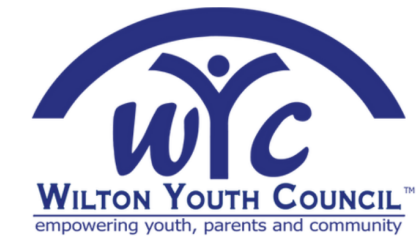
*Wilton Youth Council's Parent Education Committee

*Wilton's Coalition for Youth

*Wilton Mental Health Task Force

*WYC's Middlebrook Youth to Youth

Special thanks to Wilton Library and Wilton Public Schools for hosting events



Wilton Youth Council, along with our community partners, is focused on creating activities and encouraging actions that promote mental health and wellness. We strive to amplify the message that **Mental Health is Health**. The path to wellness is lined with taking actions that empower you to feel connected to yourself, your loved ones, and your community!

Mental Health is Health: Pave your Path to Wellness by exploring the activities and actions that are right for you!

