

MAY

2020

Mental Health Awareness Month

RJUHSD

Wellness Center Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Kickoff	2
Theme: Anti Stigma	4 Chalk Your Walk	5 Quote	6 Video-Mental Health Stigma	7 Quote	8 Chalk Your Walk Pictures	9
Theme: Self Care	11 Staff Self Care Selfies Videos	12 Image	13 Video-Mental Health & Execize	14 Image	15 Image	16
Theme: Resilience	18 Ideas: How to de-stress & build resilience	19 Quote	20 Coping Skills Toolbox	21 Quote	22 Video: Resilience	23
24 Resources Week	25	26	27	28	29	30
31						

Click on the links in the calendar for more info