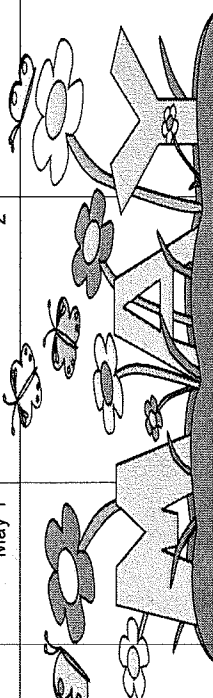
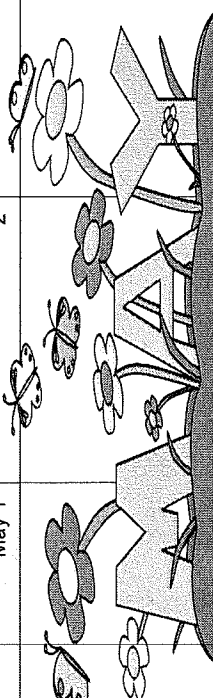
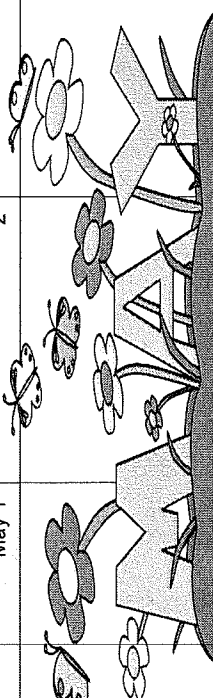






May 2017

915 Westchester Avenue, Bronx NY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 1	2	3	4	5	6	7
 <p>May is Mental Health Awareness Month!</p> <p>TIP: Track gratitude and achievement with a journal.</p>	 <p>May is Mental Health Awareness Month!</p> <p>TIP: Work your strengths. Do something you're good at to build self-confidence, than tackle a tougher task!</p>	 <p>Together in Care Workshop</p> <p>Overcoming Weight Side Effects of Medication 12:30pm PROS</p>	<p>Together In Care Workshop</p> <p>Healthy Sleep 12:30pm PROS</p>	<p>Rethinking the Stigma: Successful people with mental illness 1:15pm PROS</p>	<p>Movies Under the Stars: Jurassic Park Thompson Park, Staten Island 7:00 p.m.–9:00 p.m. Free</p>	<p>May is Mental Health Awareness Month!</p> <p>TIP: Feeling stressed? Smile! It may not be the easiest thing to do but smiling can lower your heart and calm down.</p>
8	9	10	11	12	13	14
<p>May is Mental Health Awareness Month!</p> <p>TIP: Boost brainpower by treating yourself to a couple of pieces of dark chocolate!</p>	<p>May is Mental Health Awareness Month!</p> <p>TIP: Feeling anxious? Take a trip down memory lane and do some coloring!</p>	<p>Together in Care Workshop</p> <p>Exercise for Healthy Living 12:30pm PROS</p>	<p>Self-Care Workshop 12:45pm PROS</p>	<p>Garden House Respite Presentation 12:30 pm PROS</p>	<p>NAMI Walks</p>	<p>Happy Mother's Day! </p>
15	16	17	18	19	20	21
<p>May is Mental Health Awareness Month!</p> <p>TIP: Dance around while you do housework! It increases endorphins!</p>	<p>May is Mental Health Awareness Month!</p> <p>TIP: Spend some time with a furry friend. Furry friends lower stress hormones!</p>	<p>Together in Care Workshop</p> <p>Healthy Blood Pressure 12:30pm PROS</p>	<p>May is Mental Health Awareness Month! TIP: Work some omega-3 fatty acids into your diet- they are linked to decreased rates of depression among their many benefits!</p>	<p>NAMI Presentation 12:30 pm PROS</p>	<p>World block party East Harlem's Ethnic Festival has music, dance, arts and crafts, ethnic food, and children's activities on E. 104th Street (from 2nd to 3rd Avenue). Free.</p>	<p>Bronx Pride Parade </p>
22	23	24	25	26	27	28
<p>May is Mental Health Awareness Month!</p> <p>TIP: Dance around while you do housework! It increases endorphins!</p>	<p>May is Mental Health Awareness Month!</p> <p>TIP: Spend some time with a furry friend. Furry friends lower stress hormones!</p>	<p>Together in Care Workshop</p> <p>Healthy Blood Pressure 12:30pm PROS</p>	<p>Self-Care Workshop 12:45pm PROS</p>	<p>Movies Under the Stars: Finding Dory Gorman Playground, Queens 7:30 p.m.–9:30 p.m. Free</p>	<p>Ramadan Begins</p>	<p>Movies Under the Stars: Fantastic Beasts & Where to Find Them Randall's Island 8:30 pm–10:45 pm Free</p>
29	30	31	June 1	2	3	4
 <p>Happy Memorial Day</p>	<p>The Other Place: Presentation on Psychosocial Clubhouse Services 12:30 pm PROS</p>	<p>World No Tobacco Day </p>	<p>June 1</p>	<p>Movies Under the Stars: Finding Dory Gorman Playground, Queens 7:30 p.m.–9:30 p.m. Free</p>	<p>Ramadan Begins</p>	<p>Movies Under the Stars: Fantastic Beasts & Where to Find Them Randall's Island 8:30 pm–10:45 pm Free</p>