



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Resilience and Wellbeing Summit	2	3 Free Parent Learning Session: Understanding & Supporting Youth with Anxiety	4	5 Virtual Youth Mental Health First Aid	6 CR Mental Health Expo NAMI Walks Johnson & Linn Counties
7	8	9	10	11 Mental Health Awareness Day Wear your Tanager Mental Health T-shirt or wear green!	12 Teen Summit	13
14	15	16	17	18 Brain Based Care Free Parent Learning Session: Understanding & Supporting Grief & Loss in Youth	19	20 Family Friendly Yoga In The Park at Greene Square Park
21	22	23	24 Free Parent Learning Session: Emotional Regulation for Youth	25 Mental Wellbeing in the Workplace (FREE WEBINAR)	26	27
28	29	30	31	1		

## 30 Days of Wellness

A workbook designed to offer experiences rooted in well-being.



# 2023 Mental Health Month Community Calendar

- **May 1, 2023 - Resilience and Wellbeing Summit**

The Resilience and Wellbeing Summit in Cedar Rapids, IA, brings you the opportunity to attend keynote speakers, gain new knowledge and tools during breakout sessions, and more! Click [here](#) to learn more and get registered.

- **May 3, 2023 - Parent Learning Session: Understanding & Supporting Youth with Anxiety-FREE WEBINAR**

To find more information and register for this free webinar click [here](#).

- **May 5, 2023 - Virtual Youth Mental Health First Aid - Blended Version**

This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. Click [here](#) to register.

- **May 6, 2023 - Mental Health Expo - Youth Mental Wellness Panel & Together we RISE Presentation**

Come and engage directly with youth in this panel at the [Mental Health Expo](#) in Cedar Rapids, IA discussion to learning about the challenges currently facing today's youth and the variety of factors impacting their mental wellness. Hear from these amazing teens how you can best show up as an adult to support them as they navigate the challenges in today's world.

- **May 6, 2023 - NAMI Walk-Johnson and Linn Counties**

The NAMI Walks are intended to raise awareness of NAMI Johnson County & NAMI Linn County's free, mental health education, support, and advocacy. Each year, we bring together corporations, community organizations, families, and individuals to raise funds and let every person living with a mental health condition know that they are #notalone. For more information on how to get involved, click [here](#).

- **May 11, 2023 - Mental Health Awareness Day**

Wear your Mental Health Month shirt from Tanager or wear green today to support Mental Health Awareness Day! Make sure to tag us on social media @Tanagerplace

- **May 12, 2023 - Teen Summit**

Join us for the first Teen Summit on May 12th at Coe College. Enjoy an evening of games, food trucks, breakout sessions, a presentation from Iowa basketball player and motivation speaker, Payton Sandfort, and end the night with a performance from Alisabeth Von Presley! To find more information click [here](#).

- **May 18, 2023 - Brain Based Care Workshop**

This workshop provides an overview of brain and overall human development from infancy through adolescence. Participants will learn the importance of developmental ages, stages, and phases as well as how to identify differences between youth's chronological age and developmental age. To find more information and register click [here](#).

- **May 18, 2023 - Parent Learning Session: Understanding & Supporting Grief & Loss in Youth-FREE WEBINAR**

To find more information and register for this free webinar click [here](#).

- **May 20, 2023 - Family Friendly Yoga In The Park**

All ages are welcome! 10 am at Greene Square Park in Cedar Rapids, IA

- **May 24, 2023 - Parent Learning Session: Supporting Youth Emotional Regulation-FREE WEBINAR**

To find more information and register for this free webinar click [here](#).

- **May 25, 2023 - Mental Wellbeing in the Workplace -FREE WEBINAR**

In this workshop, participants will gain a greater understanding of the continuum of "brain health" and how individuals, teams, and workplaces are impacted. Participants will be introduced to best practices for supporting employees, taking care of yourself as a leader, and organizational strategies for creating comprehensive systems which support mental wellbeing in the workplace. Click [here](#) to register.

## Mental Well-Being Toolkit

Tools from Tanager designed to  
inspire, empower and heal  
our community

