

Hi there,

Happy Mental Health Awareness Month! This May, we're excited to celebrate mental well-being together. Recognizing the significance of this month, we've planned to share weekly updates, brimming with activities and insightful tips on nurturing your mental health. Let's make this month a transformative time of connection, growth, and enlightenment!

Highlight of the Week:

Our #GoldenHourGlowUp Challenge is off to a shining start! This initiative celebrates the magic of personal care moments—those times, unique to each of us, dedicated to nurturing our mental health.



This week, we spotlight EveryMind's very own Jose, Counseling Services Manager. Mountain biking allows him to connect with nature, experience adventure, and maintain his physical and mental well-being.

Jose says, "For me, getting on the bike means bonding with my partner, feeling empowered, accomplished, challenged, being humbled and embracing learning and resiliency, and soo much more! I do have to admit--none of this would be true if I didn't find it fun. So, my recommendation to any person out there trying to connect with the things that add to their life is do what makes you smile, what makes you feel joy, and what you find fun; then the rest will follow."

We warmly invite you to follow along and use our weekly highlight for inspiration on claiming your own personal glow up moment to nurture your mental health. Keep an eye out for upcoming moments we'll spotlight each week, and please do share your own [#GoldenHourGlowUp](#) moments with us to be featured on our social media channels!

Mark Your Calendars!

With Parks In Mind: A Special Event at Germantown Town Center Urban Park | Sunday, May 5 | 11 a.m. - 1 p.m.

Join us on May 5th at the Germantown Town Center Urban Park for "[With Parks In Mind](#)," a collaboration with Montgomery Parks. This gathering is a perfect occasion to enjoy nature, engage in wellness activities, and learn more about mental well-being. Germantown Town Center Urban Park is known for its beautiful landscapes and serene environment, making it an ideal backdrop for our event. Don't miss the chance to connect with the community and nature.

Stay Connected:

Looking for more ways to connect and contribute? Dive into our packed agenda of activities for the month, including [engaging, expert-led discussions on digital media's impact on youth mental health](#) and our partnership with Call Your Mother Deli. Learn how you can make a significant difference, whether through participating in our events or [kick-starting a fundraising challenge](#). Discover the full spectrum of our activities at everymind.org/mham.

Stay tuned as we spotlight various practices and initiatives that aim to uplift and support our mental wellness journey together next week!

Sincerely,
The EveryMind Team

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