

May is Mental Health Awareness Month

ANTHC invites you to celebrate Mental Health Awareness Month on the Alaska Native Health Campus:

Opening Ceremony

Wednesday, May 1 | Noon-2 p.m.

ANMC Conference room 2

Ceremonial opening of Mental Health Awareness Month with traditional blessing, Alaska Native singing, dancing and drumming by Naá Luudisk Gwaii Yatx'i and Unity Dance Group with a lunchtime potluck.

Animal Companionship Informational Fair

Friday, May 3 | Noon-2 p.m.

ANMC Conference room 2

Learn how animal companionship can impact our mental and physical well-being, local resources, and the opportunity to see local dog handlers and their dogs.

Tell Your Heart Story

Thursday, May 9 | 6-7:30 p.m.

COB (4000 Ambassador Drive) Conference rooms 1 & 2

Hear intimate stories from Alaska Native people who embody resilience, strength and leadership. These are cultural values we often share through stories from our hearts. Refreshments provided.

Tea Time

Wednesday, May 22 | 11 a.m.-2 p.m.

ANMC Conference room 1

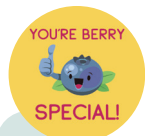
Take some time out of your busy day and join us for a cup of tea. Sit with friends and enjoy a visit. Engage in some mindful reading and self-exploration of teas. Brought to you by ANMC Food and Nutrition Services and ANTHC Wellness & Prevention.

Closing Ceremony

Friday, May 31 | Noon-2 p.m.

ANMC Conference room 2

Ceremonial closing ceremony of Mental Health Awareness Month with traditional blessing and Alaska Native dancing and drumming by Seven Buffalo and Kingikmuit with a lunchtime potluck.



For more information: behavioralhealth@anthc.org
ANTHC.org/MentalHealthAwareness