

TOGETHER WE RISE

Scan the QR Code for event information, access to resources, RISE book links, and MHM t-shirts!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Resilience and Wellbeing Summit at Camp Tanager	2 NAMI Walks Johnson/Linn Co. Chalk the Walk Mt. Vernon
3 Chalk the Walk Mt. Vernon (Day 2)	4	5 Virtual Webinar: The Power of Connection (FREE)	6	7	8 Virtual Youth Mental Health First Aid ($15 for community, free to staff)	9
10	11 Virtual Webinar: Understanding Wellbeing (FREE)	12	13	14	15 RISE for Mental Health Day *Wear your Tanager Mental Health shirt or wear green!*	16
17	18	19 Virtual Webinar: Growing Emotional Skills (FREE)	20	21 sunRISE Walk (5:41am at Mount Trashmore)	22	23
24	25	26	27 Virtual Webinar: Mental Health is for Everyone (FREE)	28	29	30

2026 Mental Health Month Community Calendar

Meraki | Tanager

- **May 1, 2026 - 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 2, 2026 - NAMI Walk (Linn and Johnson County)**
  To find more information and register click **here**.
- **May 2 -3, 2026 - Chalk the Walk (Mount Vernon Heritage Days)**
  To find more information click here.
- **May 5, 2026 - Virtual Webinar: The Power of Connection (Free)**
  To find more information and register for this free webinar click here.
- **May 8, 2026 - Virtual: Youth Mental Health First Aid**
  Learn how to identify, understand and respond to signs of mental illness and substance use disorders in youth. Gain skills to support youth! Register here.
- **May 11, 2026 - Virtual Webinar: Understanding Wellbeing (Free)**
  To find more information and register for this free webinar click here.
- **May 15, 2026 - RISE for Mental Health Day**
  Wear your mental health support shirt or wear green!
- **May 19, 2026 - Virtual Webinar: Growing Emotional Skills (Free)**
  To find more information and register for this free webinar click here.
- **May 21, 2026 - SunRISE Walk at Mt. Trashmore**
  All ages are welcome! The walk starts at SunRISE around 5:41 a.m.
- **May 27, 2023 - Virtual Webinar: Mental Health is for Everyone (Free)**
  To find more information and register for this free webinar click here.

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