

HK MAY WELLNESS CHALLENGE

May is Mental Health Awareness Month

Let's raise awareness, promote youth resiliency, bring in new wellness strategies, and celebrate HK Youth and Families!

Join the HKYFS May Wellness Challenge by making time for things that make you and your family feel great! Try these ideas and programs! HKYFS is always available for resources, referrals, and support!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5
Go to a Park

6 Write a Gratitude Letter to Yourself or Loved One

7
Read a Book

1
Start a Journal

2 QPR Suicide Awareness Training
6PM, Virtual
Participants Age 15+

3
Sunlight Within 30 Minutes of Wake-up

4
Donate to a Local Food Pantry or Organization

12
Family Dinner

13
Try Yoga on Your Own or 10-10:30AM Annex Lawn for our Youngest!

14
Dance!

8 BES 3:30 PM Burr After School Meet the HKHS Drama Cast!

9
Listen to Music You Love

10
Try Meditation!

11 10:30AM HK Family Hikers Event!

19
Watch a Movie with Loved Ones

20
 HADDAM KILLINGWORTH COMMUNITY COALITION

21
Play a Game with Loved Ones!

15 Food and Mood: Connections that Affect Kids and Behavior
Parent Chat and Tea 7PM Bittersweet Bistro

16
Simple Act of Kindness

17
Take a Walk after Dinner

18
Ride a Bike Explore!

26
Reach Out for Additional Support When Needed

27
Unplug from devices/gaming

28
Slow Down Rest as a Priority

22
Find a New Heathy Recipe and Cook Together!

23
Plant a Garden or Planter

24
Call a Friend or Family Member

25 Community Pollinator Pathway Cleanup & Plant Your Own!

29
Give Back! HK Community Kindness Family Volunteers!

30
write a kind message w/side walk chalk

31
Laugh!

EVENT REGISTRATION AND DETAILS ON THE BACK

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May is Mental Health Awareness Month

HKYFS encourages HK youth and families to take a break, have family conversations, and bring attention to wellness, prevention, and positive mental health.

We hope some of these community partner events and programs will be educational, fun and enhance family well-being!

- **Sign up for events: Registration and details - www.hkyfs.org/event/**
- **Print out this Calendar & Check off the Wellness Boxes that you complete.**
- **Share photos with HKYFS via email/social media so we can show how HK celebrates prevention and wellness!**

- **www.facebook.com/YFSHK**
- **www.instagram.com/youthandfamilyhk**



- **Register for Family Olympics at the 1st Annual HKYFS Summer Solstice Family Fest**
 - **June 20th 5:30-8:30 PM at Parmelee Farms**
 - **Food trucks, Live Music, Family Olympics (ages 5+), and more!**
 - **Bring your May Challenge Calendar on June 20th to WIN A PRIZE!**

May 2, 6PM, ZOOM
QPR Training

CPR for Mental Health
Save a Life
for people age 15+

FREE must register

Wednesday May 8, 3:30-4:30PM
Meet the HS Bye Bye Birdie
Cast

After-School Drama Fun!
@ Burr Elementary School
FREE must register
positive role models, music, and
the arts= wellness
Bring your show bill for cast
signatures!

Community Kindness Family
Volunteers

Grab your family and friends to lend
a helping hand to a HK senior in
need of yard cleanup!
-volunteerism is a protective factor
for our youth and families that
creates feelings of overall wellness-
Contact: Alli for info and to be
matched with someone in need
alli.behnke@hkyfs.org



Saturday, May 11
10:30-12:00
HK Family Hikers

A nature scavenger hunt@
Chatfield Hollow
friends, family, nature,
wellness, and fun
w/a special visit to the
Nature Center
FREE please register



Monday, May 13
10:00-10:30AM

Morning Yoga w/Becky
for our youngest and
home-school
families!

Join us outside
on the Annex Lawn
11 Jail Hill Rd, Haddam
Bring a towel or mat



Wednesday, May 15 7-8PM
@Bittersweet Bistro, Killingworth
Food and Mood:

Join our discussion on food and its
impact on mental health
and our families. FREE

Includes delicious snack and tea.
presented by:
Karren Therrien certified Health
Coach and Owner of HK Fitness

Saturday, May 25th 10-12PM
Deer Lake Trail Day

Meet up at Deer Lake to help remove
invasive species, plant some
pollinators, and explore
this beautiful location.

Create a bee-loving pollinating
planter to take home!
Taking care of our planet is wellness!
Please register so we have supplies.

