

HK MAY WELLNESS CHALLENGE

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.

