



May is
MENTAL HEALTH
Awareness Month

CELEBRATING COMMUNITY:

May marks Mental Health Awareness Month- a time dedicated to the awareness of the importance of mental well-being and breaking the stigma surrounding mental health issues. By “Celebrating Community,” CCE highlights the incredible impact of shared connections, and aims to offer practical insights into mental well-being to strengthen individuals, families and communities.

FREE VIRTUAL WORKSHOPS (Registration Required):

Postpartum Mood and Anxiety Disorders

Monday, May 5, 10am-11am
[click here](#)

Postpartum Self-Care

Thursday, May 8, 10am-11am
[click here](#)

Teens and Screens: A Closer Look at the Impact of Social Media on Mental Health

Monday, May 12, 12pm-1pm
[click here](#)

Helping Kids Through Trauma

Wednesday, May 14, 12pm-1pm
[click here](#)

Managing Anxiety in Youth

Monday, May 19, 12pm-1pm
[click here](#)

Stress Management for Parents

Tuesday, May 20 5pm-6pm
[click here](#)

Talking to Kids About Drug and Alcohol Use

Wednesday, May 28 12pm-1pm
[click here](#)

Caring for Yourself and Others: Managing Grief and Loss

Friday, May 30 10am-11am
[click here](#)

READ OUR CCE BLOGS:

<https://blogs.cornell.edu/communityeducation/>

May is Mental Health Month05.01.25
The Benefits of Mindfulness Meditation05.02.25
Back to Basics for Better Well-Being05.09.25
Boosting Mental Health with Time in Nature05.13.25
Encouraging Outdoor Play for Young Children05.16.25
New Approaches to Managing Anxiety05.23.25
Supporting your Postpartum Partner05.30.25

CHECK US OUT ON SOCIAL MEDIA



LISTEN TO OUR PODCASTS:

<https://on.soundcloud.com/KqexA1ohmaj2b1218> 