Mental Health May 2025

Mental Health 2025 Awareness Month

medfield outreach

Medfield Coalition For Suicide Prevention

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Check out Medfield Public Library's selection of books focused on mental health. On display all month long!	**Town Employee Wellness Walks** *Every Wed. in May*	1 **Green Wash-Out** Spirit Day @MHS **Shelf-Care Book Club*** *Upward Spiral by Alex Korb*	2 **Resource Friday** Check out Medfield Outreach's social media every Friday for mental health resources	3
4 **Path for Hope** 11:30 am *@Rail Trail*	5 **Mindful Monday** Check out Medfield Outreach's social media every Monday for mindfulness tips	6	7 **Insight Meditation for adults*** 6:00-7:00pm *@UCC*	8 Park Street Books & Toys **Creative Connection** Pottery painting 6:00-8:00PM *@Park Street Books*	9 **Resource Friday**	10 **Warrior Yoga*** Open & free to all veterans & first responders *@Walpole COA*
11	12 **Mindful Monday**	13 **Bird House Painting for ages 3-5*** *@Hinkley Pond*	14 **Insight Meditation for adults*** 6:00-7:00pm *@UCC*	15 **Shelf-Care Book Club*** *Upward Spiral by Alex Korb*	16 **Youth Coalition Movie Night** Open to Medfield High School students *@COA*	17 **Board Game Afternoon** 2:00-4:30 *@Medfield Public Library*
18	19 **Mindful Monday**	20	21 **Insight Meditation for adults*** 6:00-7:00pm *@UCC*	22	23 **Resource Friday**	24 **Warrior Yoga*** Open & free to all veterans & first responders *@Walpole COA*
25	26 *Memorial Day* **Mindful Monday**	27	28	29 **Kids Yoga for ages 3-5*** 1:00-1:45 *@Hinkley Pond*	30 **Resource Friday**	31 **Board Game Afternoon** 2:00-4:30 *@Medfield Public Library*