



Colfax County Behavioral Health Coalition

“One Step at a Time” Mental Health Fair & Awareness Walk



Join us for a safe and supportive morning focused on emotional health and self care. Discover tools that may help you or someone you know feel balanced, connected, and mentally strong every day. This is a family-friendly free community wide event.



Saturday May 16, 2026
8:30 am - 11:00 am



**Merchant Park
(Higgins Drive)
Schuyler, NE**

EVENTS/ACTIVITIES

- ★ Mental Health Resources
- ★ Simple self care practices you can use daily
- ★ Free hamburgers for walkers
- ★ Poster winners announcement (10:30am)
- ★ Fun activities: face painting, pet therapy, yoga, stretching exercises, sidewalk coloring & more
- ★ 1.5 Mile Awareness Walk
Registration starts 8:30am
Walk starts at 9:00 am
Register online



PARTNERS:

