

Mental Health Awareness Month

CONVERSATIONS THAT CHANGE LIVES



FREE, Virtual Mental Health Trainings All May Long

Because when we know more, we can do more.

MONDAYS

MIND MATTERS

Understand emotions, stress, and mental health from a prevention lens in this 60-minute session.

- [5/5/25: 3PM](#)
- [5/12/25: 12PM](#)
- [5/12/25: 6:30PM](#)
- [5/19/25: 12PM](#)

TUESDAYS

COACH BEYOND

Gain tools to support youth and athletes both on and off the field in this 60-minute session.

- [5/6/25: 6PM](#)
- [5/13/25: 6PM](#)
- [5/20/25: 6PM](#)
- [5/27/25: 6PM](#)

WEDNESDAYS

Q.P.R

Suicide Prevention Training

Learn how to recognize warning signs and respond in a mental health crisis in this 90-minute training.

- [5/7/25: 4PM](#)
- [5/14/25: 11:30AM](#)
- [5/21/25: 11:30AM](#)

This Mental Health Awareness Month, join us for free, virtual trainings designed to educate, empower, and equip you to be part of the solution. Together, we can stop the stigma and start the conversation — one session at a time.



Want a little extra pick-me-up? Find our uplifting coffee sleeves at local, participating shops for a little brain boost with your brew—while supplies last!

- Bean & Barley
- BLOC Coffee Company
- Velocity Bike & Bean (Florence, KY)
- Wyoming Community Coffee

Scan below to learn more and register.



**Join the conversation.
Be the difference.
SIGN UP NOW.**