

# Mental Health Awareness Month

## “Back to Basics”

In honor of Mental Health Awareness Month, the Family Health and Wellness educators are pleased to offer these resources and programs throughout the month of May.

### VIRTUAL PROGRAMS

#### Raising Resilient Children

**Wednesday, May 4, 2022, 12:00-1:00pm.** Register in advance. [https://cornell.zoom.us/meeting/register/tJUrf-ChqjojGtUB6P\\_VlfcK6FtWDUFpXpvf](https://cornell.zoom.us/meeting/register/tJUrf-ChqjojGtUB6P_VlfcK6FtWDUFpXpvf)

**Wednesday, May 4, 2022, 7:00-8:00pm.** Register in advance. <https://cornell.zoom.us/meeting/register/tJlrcuGhqjgG9JXOT4Hp0ni4tli6LRhElvg>

#### Caring for yourself in stressful times

**Tuesday, May 10, 2022, 12:00-1:00pm.** Register in advance. [https://cornell.zoom.us/meeting/register/tJYud-CurDwiGNXZE\\_bZJlfXKK2Thpzlh2sU](https://cornell.zoom.us/meeting/register/tJYud-CurDwiGNXZE_bZJlfXKK2Thpzlh2sU)

**Tuesday, May 10, 2022, 7:00-8:00pm.** Register in advance. [https://cornell.zoom.us/meeting/register/tJYkce6rqz8vGNS716OwEoyYR\\_yF-CiVxemJ](https://cornell.zoom.us/meeting/register/tJYkce6rqz8vGNS716OwEoyYR_yF-CiVxemJ)

#### Caring for yourself: Managing grief and loss

**Wednesday, May 18, 2022, 12:00-1:00pm.** Register in advance. <https://cornell.zoom.us/meeting/register/tJcsd-uqrjMuH9U8xcbrfOCpwwHs8ZxZtm6l>

**Wednesday, May 18, 2022, 7:00-8:00pm.** Register in advance. <https://cornell.zoom.us/meeting/register/tJcvcOioqj8oE9bHaVS06oIn2HewNaJJ8HcD>

#### Stress Less: Mindfulness for stress relief

**Thursday, May 26, 2022, 12:00-1:00pm.** Register in advance. <https://cornell.zoom.us/meeting/register/tJwlduCtrzluHdKM61zLZsxXS5FeVhmWVvob>

**Thursday, May 26, 2022, 7:00-8:00pm.** Register in advance. <https://cornell.zoom.us/meeting/register/tJcvdu2oqDkuEtFYkjKLUUnZSjCw8BJYR-Cph>

### SOCIAL MEDIA



Visit us on **facebook** for tips and to check out our self-care challenge.

<https://www.facebook.com/communityeducationccesuffolk>

#### Spanish

<https://www.facebook.com/ccesuffolkenespanol>

### PODCASTS



[Raising a resilient child](#)

[Your family's emotional health during challenging times](#)

[Parents and sleep](#)

[Children and Sleep](#)



[Mindfulness: Managing stress and growing resilience](#)

### COMMUNITY EDUCATION BLOG

[A Parent's Role in Promoting Positive Children's Mental Health](#) - posted 5/3

[Infant and Toddler Mental Health](#) - posted 5/6

[Stress – the good, the bad, the ugly](#) - posted 5/10

[De-Stress to feel your best](#) - posted 5/13

[Coping with Grief](#) - posted 5/20

[Feeling overwhelmed by the news? Mindfulness can help](#) - posted 5/23

[Feeling Stressed? Mindfulness can help](#) - posted 5/25

[Stressed? Turn daily chores into Mindfulness practice](#) - posted 5/27

### WEBSITE



#### Mental Health Resources

<http://ccesuffolk.org/community-education/family-health-and-wellness/mental-health-resources>

#### Cornell Cooperative Extension

[ccesuffolk.org](http://ccesuffolk.org)

#### Recursos en Español

<http://ccesuffolk.org/recursos-en-espa-ol>

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

**Cornell Cooperative Extension | Suffolk County**

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • [www.ccesuffolk.org](http://www.ccesuffolk.org)