

May 2021



Healthy Mind, Healthy Body



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Workshop: Promoting Mental Health Awareness_ @5pm	4 Raise MeUP: Flower of Love_ @5:00 pm	5	6 Family Fun Night: My Queen Celebration _ @5:00pm	7	8
9	10	11 Family Literacy: What Should Danny Do? Workshop: Safety Series- Water Safety @6pm	12	13 Raise Me Up: Let's Pretend _@5 pm Workshop: Let's Talk about Teen Pregnancy_ @5pm	14	15
16	17	18	19	20 Workshop: Safety Series- Water Safety at Home (Eng)	21	22
23	24	25 Workshop: Safety Series- Water Safety at Home_ @4pm (Spanish)	26	27 Workshop: Mental Health in your Community/ Stress & Anxiety @ 4:00pm (HG)	28	29
30	31	Community Events: 5/11/21 ----GCCR Meeting @ 10:00 am-11:00 am 5/14/21-----Soil to Soul Gardening and Paint Party for youth (ages 12-18) @ 5:00 pm 5/15/21----- HG-Woosa Self-Care Retreat @10:am-12:00 pm, Eddie Rhohes Gymin Pahokee (Limited Space, Must Register: https://www.eventbrite.com/e/151853894085 5/20/21-----HG-Movie: The Mask You Live In(Definition of Masculinity is harming our boys & Men) @5:30 pm;				

