

# May 2018 Mental Health Month

## Locations:

<b>125 Live:</b>	125 Elton Hills Dr. NW Rochester, MN 55901
<b>American Legion Post 92:</b>	315 1st Ave. NW Rochester, MN 55901
<b>Anytime Fitness:</b>	99 20th St. NE Stewartville, MN 55976
<b>Calvary Evangelical Free Church:</b>	5500 25th Ave NW Rochester, MN 55901
<b>Elder Network (Rochester):</b>	1130 1/2 7th Street NW Suite 205 Rochester, MN 55901
<b>Evangelical United Methodist Church:</b>	2645 North Broadway Fireside Rm Rochester, MN 55906
<b>First Presbyterian Church:</b>	101 6th Ave. NW Kasson, MN 55944
<b>Forager Brewery's The Pantry:</b>	1005 6th St NW Rochester, MN 55901
<b>Healing Rhythms Music Therapy:</b>	3270 19th St NW, Suite 101 Rochester, MN 55901
<b>Mayo Generose Building:</b>	1216 2nd Street SW Room 3-108 Rochester, MN 55902
<b>NAMI Southeast Minnesota:</b>	1700 North Broadway Suite 104 Enter through door B Rochester, MN 55906
<b>Red Wing High School:</b>	Courtyard Café (Door 40), 2451 Eagle Ridge Dr., Red Wing, MN 55066
<b>RCTC Heintz Center:</b>	Heintz Common Door H15 1926 Collegeview Road SE Rochester, MN 55904
<b>RCTC Hill Theatre:</b>	851 30th Ave. SE Rochester, MN 55904
<b>Rochester Public Library:</b>	Auditorium, 101 2nd St. SE Rochester, MN 55904
<b>Zumbro Valley Health Center:</b>	343 Wood Lake Drive SE, IRTS Community Room Rochester, MN 55904

## Upcoming Events

September 22nd—9:30a.m.—New Leash on Life Walk—507-289-2089

September 22nd—1:00p.m.—NAMI Walk—507-287-1692

Multiple Start Dates—Powerful Tools for Caregivers Class—507-285-5272

Multiple Start Dates—Living Well With Chronic Condition Workshop—507-285-5272

## Partnering Agencies

Elder Network, Family Service Rochester, Olmsted County Health, Housing and Human Services Division, NAMI Southeast Minnesota, RCTC, Zumbro Valley Health Center

**For more information, please visit:  
www.namisemn.org**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 **</b> <b>Walking Group</b> NAMI SE MN, 1:00 p.m. <b>Caregiver Support Group</b> Elder Network, 1:30-2:30 p.m. <b>DBT Skills Class</b> NAMI SE MN, 5:30-7:30 p.m. <b>Connection Support Group</b> First Presbyterian Church 7:00-8:30 p.m.	<b>2</b> <b>SAIL Fitness Class</b> 125 Live, 9:00-10:00 a.m. <b>Let's Talk About Mental Health presentation</b> RCTC Hill Theatre 4:00 p.m. <b>Connection Support Group</b> NAMI SE MN 7:00-8:30 p.m.	<b>3 **</b> <b>Rochester Area Mental Health Education and Resource Fair</b> RCTC Heintz Center 12:00-4:00 p.m.	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>SAIL Fitness Class</b> 125 Live 9:00-10:00 a.m. <b>Family Support Group</b> Mayo Generose Building 5:30-7:00 p.m.	<b>8 **</b> <b>Walking Group</b> NAMI SE MN, 1:00 p.m. <b>DBT Skills Class</b> NAMI SE MN, 5:30-7:30 p.m. <b>Connection Support Group</b> First Presbyterian Church 7:00-8:30 p.m.	<b>9</b> <b>SAIL Fitness Class</b> 125 Live, 9:00-10:00 a.m. <b>Connection &amp; Family Support Groups</b> NAMI SE MN 7:00-8:30 p.m.	<b>10 **</b> <b>Game Time</b> (Board, card, etc.) NAMI SE MN 3:00-4:00 p.m.	<b>11</b>	<b>12</b>
<b>13</b> <b>Journey of Hope Support Group</b> Calvary Evangelical Free Church 6:00-7:30 p.m.	<b>14</b> <b>SAIL Fitness Class</b> 125 Live 9:00-10:00 a.m. <b>Chronic Condition Support Group</b> Elder Network 2:00-3:00 p.m.	<b>15 **</b> <b>Walking Group</b> NAMI SE MN, 1:00 p.m. <b>Drum Class</b> Healing Rhythms Music Therapy 5:00-5:30 p.m. <b>DBT Skills Class</b> NAMI SE MN, 5:30-7:30 p.m. <b>Make it OK Community Conversation</b> Red Wing High School FREE DINNER at 5:30 p.m. Program Starts at 6:15 p.m. <b>Connection Support Group</b> First Presbyterian Church 7:00-8:30 p.m.	<b>16</b> <b>SAIL Fitness Class</b> 125 Live, 9:00-10:00 a.m. <b>Presentation: Running and Mental Health</b> Zumbro Valley, IRTS 10:00-11:00 a.m. <b>Caregiver Support Group</b> Elder Network 10:00-11:00 a.m. <b>Art Pop-Up</b> 125 Live, 4:00-6:00 p.m. <b>Connection Support Group</b> NAMI SE MN, 7:00-8:30 p.m.	<b>17 **</b> <b>Survivors of Suicide Support Group</b> Evangelical United Methodist Church 7:00-8:30 p.m.	<b>18</b>	<b>19</b> <b>3rd Annual Samuel L. Becker Memorial 5K Walk/Run</b> Anytime Fitness 9:00 a.m. \$20/person
<b>20</b>	<b>21</b> <b>SAIL Fitness Class</b> 125 Live 9:00-10:00 a.m. <b>Family Support Group</b> Mayo Generose Building 5:30-7:00 p.m.	<b>22 **</b> <b>Walking Group</b> NAMI SE MN, 1:00 p.m. <b>Writing POP-UP</b> Forager Brewery, 2:00 -3:00 p.m. <b>DBT Skills Class</b> NAMI SE MN, 5:30-7:30 p.m. <b>Connection Support Group</b> First Presbyterian Church 7:00-8:30 p.m.	<b>23</b> <b>SAIL Fitness Class</b> 125 Live, 9:00-10:00 a.m. <b>Getting Real About Mental Health and Violence Presentation</b> Rochester Public Library 6:00-8:00 p.m. <b>Connection &amp; Family Support Groups</b> NAMI SE MN, 7:00-8:30 p.m.	<b>24 **</b> <b>Olmsted County Adult and Children's Mental Health Local Advisory Council Meeting</b> NAMI SE MN 3:00-4:00 p.m.	<b>25</b>	<b>26</b>
<b>27</b> <b>Journey of Hope Support Group</b> Calvary Evangelical Free Church 6:00-7:30 p.m.	<b>28</b> <b>Memorial Day</b>	<b>29 **</b> <b>Walking Group</b> NAMI SE MN, 1:00 p.m. <b>DBT Skills Class</b> NAMI SE MN, 5:30-7:30 p.m. <b>PTSD Support Group</b> American Legion, 6:30-8:30 p.m. <b>Connection Support Group</b> First Presbyterian Church 7:00-8:30 p.m.	<b>30</b> <b>SAIL Fitness Class</b> 125 Live, 9:00-10:00 a.m. <b>Connection Support Group</b> NAMI SE MN 7:00-8:30 p.m.	<b>31 **</b> <b>Card Making Party</b> NAMI SE MN 3:00-4:00 p.m.		<b>**SAIL Fitness Class</b> (Stay Active and Independent for Life) Everyone welcome 125 Live 4:30-5:30 p.m.