

May 2018 Mental Health Month

Locations:

125 Live:	125 Elton Hills Dr. NW Rochester, MN 55901
American Legion Post 92:	315 1st Ave. NW Rochester, MN 55901
Anytime Fitness:	99 20th St. NE Stewartville, MN 55976
Calvary Evangelical Free Church:	5500 25th Ave NW Rochester, MN 55901
Elder Network (Rochester):	1130 1/2 7th Street NW Suite 205 Rochester, MN 55901
Evangelical United Methodist Church:	2645 North Broadway Fireside Rm Rochester, MN 55906
First Presbyterian Church:	101 6th Ave. NW Kasson, MN 55944
Forager Brewery's The Pantry:	1005 6th St NW Rochester, MN 55901
Healing Rhythms Music Therapy:	3270 19th St NW, Suite 101 Rochester, MN 55901
Mayo Generose Building:	1216 2nd Street SW Room 3-108 Rochester, MN 55902
NAMI Southeast Minnesota:	1700 North Broadway Suite 104 Enter through door B Rochester, MN 55906
Red Wing High School:	Courtyard Café (Door 40), 2451 Eagle Ridge Dr., Red Wing, MN 55066
RCTC Heintz Center:	Heintz Common Door H15 1926 Collegeview Road SE Rochester, MN 55904
RCTC Hill Theatre:	851 30th Ave. SE Rochester, MN 55904
Rochester Public Library:	Auditorium, 101 2nd St. SE Rochester, MN 55904
Zumbro Valley Health Center:	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
		1 ** Walking Group NAMI SE MN, 1:00 p.m. Caregiver Support Group Elder Network, 1:30-2:30 p.m. DBT Skills Class NAMI SE MN, 5:30-7:30 p.m. Connection Support Group First Presbyterian Church 7:00-8:30 p.m.	2 SAIL Fitness Class 125 Live, 9:00-10:00 a.m. Let's Talk About Mental Health presentation RCTC Hill Theatre 4:00 p.m. Connection Support Group NAMI SE MN 7:00-8:30 p.m.	3 ** Rochester Area Mental Health Education and Resource Fair RCTC Heintz Center 12:00-4:00 p.m.	4	5
6	7 SAIL Fitness Class 125 Live 9:00-10:00 a.m. Family Support Group Mayo Generose Building 5:30-7:00 p.m.	8 ** Walking Group NAMI SE MN, 1:00 p.m. DBT Skills Class NAMI SE MN, 5:30-7:30 p.m. Connection Support Group First Presbyterian Church 7:00-8:30 p.m.	9 SAIL Fitness Class 125 Live, 9:00-10:00 a.m. Connection & Family Support Groups NAMI SE MN 7:00-8:30 p.m.	10 ** Game Time (Board, card, etc.) NAMI SE MN 3:00-4:00 p.m.	11	12
13 Journey of Hope Support Group Calvary Evangelical Free Church 6:00-7:30 p.m.	14 SAIL Fitness Class 125 Live 9:00-10:00 a.m. Chronic Condition Support Group Elder Network 2:00-3:00 p.m.	15 ** Walking Group NAMI SE MN, 1:00 p.m. Drum Class Healing Rhythms Music Therapy 5:00-5:30 p.m. DBT Skills Class NAMI SE MN, 5:30-7:30 p.m. Make it OK Community Conversation Red Wing High School FREE DINNER at 5:30 p.m. Program Starts at 6:15 p.m. Connection Support Group First Presbyterian Church 7:00-8:30 p.m.	16 SAIL Fitness Class 125 Live, 9:00-10:00 a.m. Presentation: Running and Mental Health Zumbro Valley, IRTS 10:00-11:00 a.m. Caregiver Support Group Elder Network 10:00-11:00 a.m. Art Pop-Up 125 Live, 4:00-6:00 p.m. Connection Support Group NAMI SE MN, 7:00-8:30 p.m.	17 ** Survivors of Suicide Support Group Evangelical United Methodist Church 7:00-8:30 p.m.	18	19 3rd Annual Samuel L. Becker Memorial 5K Walk/Run Anytime Fitness 9:00 a.m. \$20/person
20	21 SAIL Fitness Class 125 Live 9:00-10:00 a.m. Family Support Group Mayo Generose Building 5:30-7:00 p.m.	22 ** Walking Group NAMI SE MN, 1:00 p.m. Writing POP-UP Forager Brewery, 2:00 -3:00 p.m. DBT Skills Class NAMI SE MN, 5:30-7:30 p.m. Connection Support Group First Presbyterian Church 7:00-8:30 p.m.	23 SAIL Fitness Class 125 Live, 9:00-10:00 a.m. Getting Real About Mental Health and Violence Presentation Rochester Public Library 6:00-8:00 p.m. Connection & Family Support Groups NAMI SE MN, 7:00-8:30 p.m.	24 ** Olmsted County Adult and Children's Mental Health Local Advisory Council Meeting NAMI SE MN 3:00-4:00 p.m.	25	26
27 Journey of Hope Support Group Calvary Evangelical Free Church 6:00-7:30 p.m.	28 Memorial Day	29 ** Walking Group NAMI SE MN, 1:00 p.m. DBT Skills Class NAMI SE MN, 5:30-7:30 p.m. PTSD Support Group American Legion, 6:30-8:30 p.m. Connection Support Group First Presbyterian Church 7:00-8:30 p.m.	30 SAIL Fitness Class 125 Live, 9:00-10:00 a.m. Connection Support Group NAMI SE MN 7:00-8:30 p.m.	31 ** Card Making Party NAMI SE MN 3:00-4:00 p.m.		**SAIL Fitness Class (Stay Active and Independent for Life) Everyone welcome 125 Live 4:30-5:30 p.m.