

MENTAL HEALTH AWARENESS MONTH

May 2021

**MONDAY
MAY 3 @
11:30**

**Mental
Health in
the
Workplace @
Anchorage
Chamber of
Commerce**

**TUESDAY
MAY 18 @
11:30**

**Interpersonal
Effectiveness
in the
Workplace
@Fairbanks
Chamber of
Commerce**

**WEDNESDAY
MAY 12 @
6:00**

**Managing
Anxiety &
Depression: Role
of Medication
with Dr. Curt
Wengel
Pre-register
here!**

Co-sponsored
with NAMI -
Anchorage
and
Out North

**Friday
May 21**

11:00 - 1:00

**Grow With Us
Cohen Clinic @
AKBH**

**Saturday
May 22**

**Out of the
Darkness Walk
10:00 am
Lathrop High
School
Fairbanks**

All month at
Jewel Lake
Kaladi in
Anchorage and
on-line at
www.akbh.org

**Connecting Through Art:
A Mental Health
Awareness Art Show**