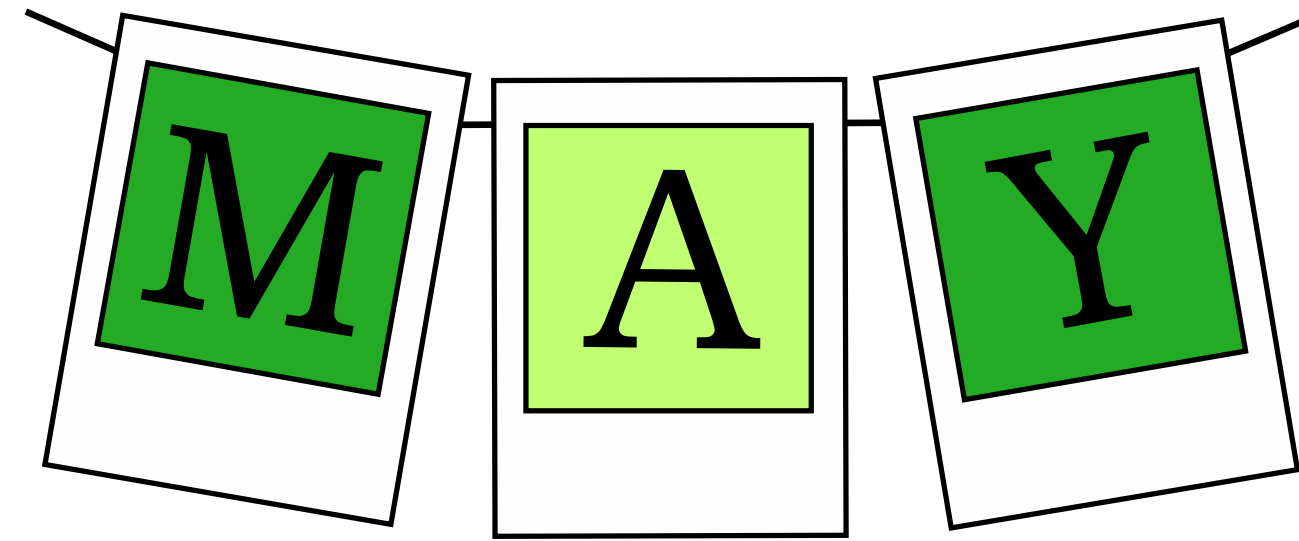




**MENTAL HEALTH AWARENESS MONTH
A COLLECTIVE HEALING EXPERIENCE
@ THE CHARLOTTE ART LEAGUE
4237 RALEIGH ST, CHARLOTTE, NC 28213**

**Weekly event start @ 6pm
Weekends time vary.
Exhibit open daily**



**Contribute your string. Help us
build a bridge to wellness!**

Mental Health Mondays Building Bridges & Connecting Perspectives

Your Hosts: Dr Megan Smith,
Christopher Weedon & Amy Campbell Pratt

Join us for energetic & interactive
community discussions May 5th, & 12th & 19th.

Wellness Wednesdays Self-Care for Self-Evolution

MAY 7TH & 21ST
YOGA, & MEDITATION,
THE MENTALLY SHREDDED
FOUNDATION

MAY 14TH
ANXIETY MAPPING
W/ SHANE
MANIER

Experience
the power of
courageous
connections.

*free
community*

*events
in May*

**PLUS
NORMAL GALLERY WEEKEND
HOURS - WITH MORE
COLLECTIVE HEALING**

Transform Tuesdays Continuing Education Classes

MAY 13TH
DR. MEGAN
SMITH
LONELINESS
WORKSHOP

MAY 20TH
REIKI FOR
MENTAL HEALTH

MAY 27TH
VIRTUAL
QPR SUICIDE
PREVENTION
TRAINING

Weekend Reboots Free Creative & Healing Arts Workshops

MAY 10TH
BURNOUT TO
BALANCE: A
CREATIVE
WORKSHOP FOR
RENEWAL & FLOW

MAY 17TH
THE MENTALLY
SHREDDED
FOUNDATION
RX EVENT

MAY 18TH
RESET MY LIFE-
RAPID
TRANSFORMATIONAL
THERAPY