

# MENTAL HEALTH DAY



the Lighthouse  
**LIGHTHOUSE CHURCH**  
IN COLLABORATION WITH



Wednesday May 21<sup>st</sup>

Lighthouse Church  
21 9<sup>th</sup> St S, Fargo

All-day Event!

TIMELINE

10:00 AM-

**Mental Health Walk- Meet at LHC**  
(1/2 mile and 1 mile options)

11:00 AM-

**Lunch**  
Located at the House of Hope

12:00 PM-

**Mental Health Bingo/Trivia**  
Located at Lighthouse Church

1:00 PM-

**Mental Health Educational Panel**  
Will be available online via Livestream!

2:00 PM-

**Art Hangout Group**  
Located at the House of Hope

4:00 PM-

**Mental Health Support Group**  
Located at Lighthouse Church

5:00 PM-

**Dinner & Games**  
Located at the First United Methodist Church parking lot

6:30 PM-

**Time of Worship & Message**  
Located at Lighthouse Church  
On the topic of Mental Health

In honor of the month of May being Mental Health Awareness Month, Lighthouse Church is hosting a Mental Health Day in collaboration with The Hope in Recovery Center, Southeast Human Service Center and the First United Methodist Church!

Join us for a fun day filled with great food, community, activities, and educational opportunities surrounding the topic of Mental Health Awareness!

Don't forget to wear **green** to represent Mental Health Awareness!

T-shirts will be available for purchase at the event!

