

MENTAL Health DAY

WEDNESDAY, MAY 20TH, 2026



HOPE IN RECOVERY CENTER



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SOUTHEAST HUMAN SERVICE CENTER



FIRST UNITED METHODIST CHURCH

Join us for our second annual Mental Health Day at Lighthouse Church! This event is dedicated to raising awareness, reducing stigma, and creating a supportive space where our community can connect, learn, and prioritize mental well-being together.

10:00 AM



STEPS TO SERENITY WALK

Did you know how beneficial walking is for your physical AND mental health? Join us for our morning Serenity Walk around Island Park! Maps will be provided, meeting at Lighthouse Church.

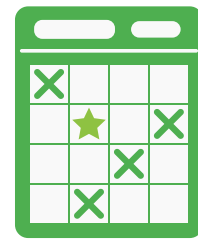
11-12:30 PM



LUNCH

The HIRC will be serving lunch in the church basement from 11-12:30 PM! Stop by for a bite to eat!

1:00 PM



BINGO

BINGO will start at 1:00 PM! Come hang out and have some fun! Prizes will be available for our special winners!

2:00 PM



ART HANGOUT

Did you know that even 20 minutes of creative activity can lower stress levels? Art Hangout is a great space to relax and let your creativity flow! You don't have to be an artist to partake in this activity!

4:00 PM



MENTAL HEALTH GROUP

The weekly Mental Health Group at Lighthouse starts at 4:00 PM. This group is a safe place to talk and connect with others regarding mental health struggles.

5:00 PM



DINNER & GAMES

The First United Methodist Church will be hosting dinner and games at 5:00 PM.

ENDING THE DAY WITH

HEALING MESSAGE AND PRAYER SERVICE

6:00 PM

Lighthouse Church
219th St. S Fargo, ND



OTHER ACTIVITIES

Table activities, puzzles, crafts



Photo booth & outdoor games



T-Shirts and wrist bands

