

May is Mental Health Awareness Month Mental Health Ministry



OPEN TO THE COMMUNITY - PLEASE JOIN US

- **May 1 @10am-12pm** at Crosslake Presbyterian Church
ACEs 101- Adverse Childhood Experiences
What happens to us as children can have a ripple effect on us for the rest of our lives. Learn more how we can prevent ACEs from being passed to future generations and take a look at ACEs through the Biblical lens.
- **May 8 @10am-12pm** watch at Crosslake Lutheran Church
Mr. Roger's Documentary "Won't You Be My Neighbor"
Part one of a Bible study, in partnership with Crosslake Lutheran Church, based on the Fred Roger's documentary.
- **May 15 @10am-12pm** discussion at Crosslake Presbyterian Church
Mr. Roger's Documentary "Won't You Be My Neighbor"
Part two of a Bible study, in partnership with Crosslake Lutheran Church, based on the Fred Roger's documentary.
- **May 16 @10am-12pm** at Crosslake Presbyterian Church
The Difference Support Makes in Developing Resilience
A workshop exploring mental health related issues as associated with Adverse Childhood Experiences (ACEs) and explore the resilience possible through peer support and family involvement. Presenter is Mark Meier, co founder of Face-It Foundation.
- **May 22 @10-12pm** at Crosslake Presbyterian Church
Resilience 101: Building Resilience Through Community
How to build personal resilience and help others build resilience.



Crosslake Presbyterian Church

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