

EST.  2022

# Great Meadows

PUBLIC HEALTH COLLABORATIVE

SUDBURY • WAYLAND • WESTON • CONCORD • CARLISLE • LINCOLN • BEDFORD

## MAY IS MENTAL HEALTH AWARENESS MONTH...



and the launch of the Great Meadows Public Health Collaborative's Mental Health Campaign!

### Campaign Themes

- May '23 - Mental Health First Aid Training
- June '23 - Let's Talk About It
- July & August '23 - Self Care
- September '23 - Substance Use Prevention
- October '23 - Yellow Tulip Project
- November '23 - Minding Your Mind
- December '23 - Stress Management
- January '24 - Digital Wellness
- February '24 - Harm Reduction
- March & April '24 - Pregnancy & Parenthood

For more information about upcoming events, visit our [Website](#) and [Facebook](#) page.



Website



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