

# May

# 2026

Mental Health Awareness Month WellTalk/WellPanel Schedule: Every week from 12:00-12:45 pm

**Welltalk: Emotional Energy at Work:**

[Join the meeting now](#)

**Welltalk: Letting Ourselves be Seen:**

[Join the meeting now](#)

**Welltalk: Understanding Generational Trauma:**

[Join the meeting now](#)

**Wellpanel: When Silence Gets Heavy- Talking about Mental Health:**

[Join the meeting now](#)

**NAMI Presentation: Ending the Silence for Families**

[Join the meeting now](#)

**Mindfulness Mondays (every Monday): 10-10:30 am**

[Join the meeting now](#)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <a href="#"><u>Mindfulness Mondays:</u></a> 10 am Arthur	5 Cinco de Mayo	6	7 Mental Health Awareness Month: Emotional Energy at Work Yura	8 Law Enforcement Appreciation Day	9
10 Mothers Day	11 <a href="#"><u>Mindfulness Mondays:</u></a> 10 am Arthur	12 Build Emotional Wellness and Thrive Event	13	14 Mental Health Awareness Month: Letting Ourselves be Seen Sara	15	16
17	18 <a href="#"><u>Mindfulness Mondays:</u></a> 10 am Arthur	19	20 Ending the Silence For Families NAMI Presentation	21 Mental Health Awareness Month: Understanding Generational Trauma Reggie	22	23
24	25 Memorial Day	26	27	28 Mental Health Awareness Month: When Silence Gets Heavy: Talking about Mental Health Genna	29	30