

Mental Health Month in the Ville

Tuesday May 2nd

PEGASUS PARADE 5-8pm

The Pete Foundation and PeteFest team proudly sponsors the 2019 Pegasus parade! Come say hi and help us kick-off May Mental Health Awareness Month! Local mental health groups will be walking with the Pete Fest "elephant" to promote mental health care.

FREE, More Info:

discover.kdf.org/pegasusparade

Thursday May 9th

QPR TRAINING 11:30-1pm

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Our Lady of Peace

2020 Newurg Rd.,

RSVP to:

kellygillooly@kentuckyonehealth.org

PERSPECTIVES ON MINDFULNESS AND MEDITATION 5 WEEK SERIES 6-7:30pm

May 9-June 6th

A five week series provided to bring peace into your life. Includes :

May 9 - Mindfulness in Your Daily Life

May 16 - Cultivating Grace of Mindful Living

May 23 - Mindfulness and Meditation

May 30 - Mindfulness and Self Compassion

June 6 - Mindfulness, Meditation and Antidotes to the Various Levels of Distraction

\$50 JCC 3600 Dutchmans Lane

Sponsored by: National Council of Jewish Women Louisville

more info: ncjwlou.org/events/



NO LETTING GO 6-9pm

No Letting Go is a dramatic, independent feature film adapted from the award-winning short film, ILLNESS, and based on the real-life story of producer and co-writer Randi Silverman and her family. The film is a heartfelt look at one family's journey to understand and to cope with the erratic behavior and emotional instability of their middle son.

The Brook, 1405 Browns Ln.

Saturday May 11th

EDGE BODY BOOT CAMP

GIVE BACK/GET BACK 11am

Edge Body Boot Camp is going green for mental health. Join us Saturday May 11th at 11AM for a Get Fit/Give Back Cardio Boot Camp with a monetary donation (amount of your choice) for NAMI.

4620 Hendrik Dr.

<https://edgebodybootcamp.com/>

HOW TO FESTIVAL 10am-3pm



Feeling stuck? Learn how to WOOP with Amanda Villaveces LMFT. She'll help you work through the process of being "stuck" and teach you this innovative technique that you can apply to many areas of life!

FREE, Main Library,

www.lfpl.org/how-to

SELF DEFENSE CLINIC 12-3pm

Jutsu Aiki Inc is offering an anti-victimization / self defense clinic. This is a 3 hour course designed to introduce people to the world of martial arts and self defense. Participants will learn self defense techniques as well as meditation

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techniques. *FREE*, 2509 Portland Ave. www.facebook.com/jutsuaimartialarts/

Monday May 13th

ADOLESCENT TRAUMA IMPACT TALK with Robert Grubbs LCSW 4:30-6pm

Good for parents, caregivers and anyone who works with children. Attendees will gain a deeper understanding of how trauma can present itself in children and positive coping skills.

FREE, Highlands-Shelby Park Library, www.lfpl.org/events



INTRO TO POTTERY WHEEL THROWING 6:30-8:30pm

The tactile experience of pottery can be meditative in nature and invites a deep sense of relaxation and well-being. Your heart rate and blood pressure lower, your breathing regulates, and your stress level naturally sinks as your mind and body become enveloped in the world of creativity.

\$50 AA Clay Studio and Gallery, levelupwithus.com

Tuesday May 14th

MEDITATION RX 7-9pm

A series with Amanda O'Bryan of Bridge Counseling and Wellness. Meditation Prescriptions were designed to help folks apply the principles of mindfulness and compassion to the unique problems we all face.

\$45, 544 Baxter Ave.

bridgeminbody.com/workshops

Wednesday May 15th

LOUISVILLE'S OKAYEST MOM'S GROUP 6-8pm

This is a kid-free event for mothers of Louisville to come together and support one another. Stop by, grab a coffee, chat with others and make new friends.

FREE, Highland Coffee

PHOTOGRAPHY 102 6:30-8:30pm

Not only does photography allow you to express yourself, but it also helps bring focus to positive life experiences, enhances your self-worth, and even reduces the stress hormone cortisol.

Story Louisville, levelupwithus.com

Thursday May 16th

MINDFUL PARENTING FB LIVE EVENT 1:30-2:30pm

Catch Amanda Villaveces LMFT and Allison Howell LMFT of Northstar Counseling Center talking about Mindful Parenting. You'll learn some tips and techniques to use at home that'll benefit both you and your kids!



Follow at @NorthstarcounselingLouisville on Facebook!

more info: facebook.com/northstarcounselingcenterlouisville

Saturday May 18th

IMPROV FOR ANXIETY 10am-1pm

A two day workshop hosted by Amanda Villaveces LMFT and Chris Anger of the Louisville Improvisors. This workshop combines Improv techniques with Mindfulness Therapy tools that help participants learn ways to manage and decrease their anxiety in a fun and supportive environment.

\$150/\$250

more info: amandavmft.com/

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TAI CHI MEDITATIONS IN MOVEMENT 12-2pm

Learn movements that can guide your body into a more relaxing state of being. These techniques are traditionally used to promote physical health as well as a form of stress and anger management.



FREE, 2509 Portland Ave
[facebook.com/jutsuaikimartialarts/](https://www.facebook.com/jutsuaikimartialarts/)

BREAKING DOWN BARRIERS: UNDER-SERVED COMMUNITIES IN MENTAL HEALTH 12-1pm

Join local mental health practitioners as they talk about ways we can help de-stigmatize mental health and increase resources in all communities of Louisville. Topics include: LGBTQ, People of Color, Latinx, Immigrant issues and Men's issues. Moderated by Jecorey Arthur.

FREE, Highlands Shelby Library
www.lfpl.org/events/

Sunday May 19th IMPROV FOR ANXIETY 10am-1pm

Day two of the Improv for Anxiety workshop combining improv games with Mindfulness skills. Participants are welcome to drop in for this three hour workshop or pay for both days and get a full 6hrs of improv games and Mindfulness tools!



\$150 for one day, \$250 for two days more info: amandavmft.com/

Tuesday May 21st EAT UP-STOMP DOWN THE STIGMA (All Day Event)

Participating restaurants will donate a portion of their proceeds from the Eat Up – Stomp Down the Stigma campaign to The Pete Foundation.

More info: thepetefoundation.org/events

B.MINDFUL LOUISVILLE MEET THE THERAPISTS OPEN HOUSE 4-6pm

Come meet the clinicians that practice at b.mindful



Louisville and learn more about the

services they provide our community. Good for anyone looking to learn more about therapy and for local clinicians.

More info: bmindfullouisville.com/openhouse

Wednesday May 22nd EARHART CLUB INFO SESSION 5-6:30pm

Come and learn about the Earhart Club - We are a national after school program for 2nd/3rd grade girls. Our mission includes a 10 week innovative, fun and transformative journey toward a deep connection with mom/guardian and most importantly herself. Our program nurtures the life changing skills of understanding her values, learning her value and finding her own, unique voice before she loses it to the expectations of others.

FREE, Crescent Hill Library,
www.lfpl.org/events/theearhartclub.org



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Saturday May 25th
RAGE-O-SAURUS REX -
PRESENTED BY SQUALLIS
PUPPETEERS WITH
CARMICHAEL KID'S
11am-12pm

Join Squallis for a FREE showing of *Rage-o-Saurus Rex!!* Set in the last Jurassic period, a baby t-Rex and Pterodactyl struggle with friendship, hot lava and hot tempers. A talking volcano shares his wisdom with the young dinosaurs. The puppet show was designed especially for younger children, with audience participation that teaches social and emotional lessons. (Addresses practical living standards for mental and emotional health, and safety)

CARMICHAEL'S
KIDS

After the show check out Carmichael Kid's selection of books focused on emotional growth for young children!
FREE, Highlands-Shelby Library
more info: www.lfpl.org/events/

HAVENING TECHNIQUES FOR
SELF SOOTHING AND
RESILIENCE WITH AMY MUDD
AT NORTHSTAR COUNSELING
CENTER
1-2:30pm

This workshop will provide practices informed by research on neuroplasticity of the brain and our ability to connect to positive states of being such as peaceful, calm and joyful. We will practice these modalities along with Havening Techniques for self soothing and building resilience.

\$60, sign up at:
amy@amymudd.com

Thursday May 30th
HAVENING TECHNIQUES FOR
SELF SOOTHING AND
RESILIENCE WITH AMY MUDD
AT BRIDGE COUNSELING AND
WELLNESS 6:30-8pm

\$60 sign up at:
amy@amymudd.com

May 1-31st
PETEFEST POSTER DESIGN-
CONTEST (DEADLINE)

Students grades 5-12th have the opportunity to design the next PeteFest Poster and help raise awareness for mental health! winner will receive \$50.

More info: thepetefoundation.org/poster-competition

Saturday June 8th

NAMI WALK 8:30am-11am

Walk/run fundraiser with vendors, live music, and other attractions to raise awareness and provide local mental health-related educational classes and support groups. Hosted by National Alliance on Mental Illness (NAMI) Louisville



\$30, Waterfront Park Harbor Lawn-
Register: namilouisville.org

NAMI NIGHT at LOUISVILLE
CITY FC 7pm

Support NAMI and Louisville City as they take on Loudoun United! A portion of each ticket will go to NAMI Louisville.

[Purchase Tickets Here](#)
Use code: NAMI19



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