

# Mental Health Awareness Month

# UPCOMING

## MAY EVENTS

**Program information is available on our website. Registrations open April 1st. See back side for more details.**

**5 Southborough Goes Green!**  
Wear green to show your support  
**Leave the Light on**  
Display your lit luminary bag outside your home at dusk

**11 Community Read: The Little Book of Hygge**  
Discussion Group via Zoom 7 pm  
Cosponsored by the Southborough Library

**13 Shop with a Purpose**  
Community House  
11 am - 4 pm  
Sponsored by FSYC

**16 Drawing on Your Superpowers**  
@ Southborough Library 4- 6pm  
Funded by Southborough Community Fund

**20 Mindful Art**  
@ 21 Highland Street 2- 3:30 pm  
Funded by the Southborough Community Fund

**22 & 23 Story Time with Miss Kim**  
@ Southborough Library  
10:30 am

**24 "How to Recognize Suicidal Behaviors in Our Loved Ones"**  
@ 21 Highland Street  
6:30- 8:30 pm

**25 Story Time with Miss Kim**  
@ Southborough Library  
11:00 am

**31 Celebrate Wellness event**  
@ Community House, 6-8 pm

**SOUTHBOROUGH YOUTH AND FAMILY SERVICES**  
STRENGTHENING OUR COMMUNITY BY SUPPORTING ITS FAMILIES

# Mental Health Awareness Month

***Event Registrations are available on our website.***

## **May 5: Southborough Goes Green!**

Wear green to show your support. Look for green ribbons across Southborough.

## **Leave the Light On**

The month long event begins at dusk on May 5th. Display your lit luminary bag outside your home each night. Find bags at Town Hall, Southborough Library, and SYFS. Bags are free but limited to 2 per household and while supplies last.

## **May 11: Community Read: The Little Book of Hygge**

Discussion Group via Zoom at 7 pm *Sponsored by the Southborough Library*  
Join SYFS and Southborough Library in a fun discussion on how Hygge can compliment mental health.

## **May 16: Drawing on Your Superpowers**

Southborough Library 4- 6pm. Having big emotions can be hard to manage but what if these emotions are actually superpowers? This comic workshop is for ages 8-12. Registration required. *Funded by Southborough Community Fund.*

## **May 20: Mindful Art**

21 Highland Street 2:00 - 3:30 pm. Explore the practice of mindfulness using mixed art mediums with Licensed Mental Health Counselor and Art Therapist, Kim Welch, from Creative Heart Counseling. For ages 14+. Registration required. *Funded by Southborough Community Art Council.*

## **May 24: "How to Recognize Suicidal Behaviors in Our Loved Ones"**

21 Highland Street 6:30 - 8:30 pm. Preventing suicide is everyone's job. Learn how to recognize the signs of suicide at this special offering of QPR.

Registration required

## **May 31: Celebrate Wellness event**

Community House, 6-8 pm

Mental Health Awareness Month comes to a close with this culminating event. Come out for an evening of music, art, entertainment, light refreshments, and the presentation of the Laurie Sugarman-Whittier award. This event is free.



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