

Mental Health Awareness Month

“Back to Basics”

In honor of Mental Health Awareness Month, the Family Health and Wellness educators are pleased to offer these resources and programs throughout the month of May.

VIRTUAL PROGRAMS

Raising Resilient Children

Wednesday, May 4, 2022, 12:00-1:00pm. Register in advance.
https://cornell.zoom.us/meeting/register/tJUrf-ChqojGtUB6P_VlfC6FtWDUFpXpvf

Wednesday, May 4, 2022, 7:00-8:00pm. Register in advance.
<https://cornell.zoom.us/meeting/register/tJlrcuGhqjgJG9JXOT4Hp0ni4tli6LRhElvg>

Caring for yourself in stressful times

Tuesday, May 10, 2022, 12:00-1:00pm. Register in advance.
https://cornell.zoom.us/meeting/register/tJYud-CurDwiGNXZE_bZJlfXKK2Thpzlh2sU

Tuesday, May 10, 2022, 7:00-8:00pm. Register in advance.
https://cornell.zoom.us/meeting/register/tJYkce6rqz8vGNS7160wEoyYR_yF-CIVxemJ

Caring for yourself: Managing grief and loss

Wednesday, May 18, 2022, 12:00-1:00pm. Register in advance.
<https://cornell.zoom.us/meeting/register/tJcsd-uqrjMuH9U8xcbf0CpvwHs8ZxZtm6l>

Wednesday, May 18, 2022, 7:00-8:00pm. Register in advance.
<https://cornell.zoom.us/meeting/register/tJcvcOioqj8oE9bHaVS06oln2HewNaJJ8HcD>

Stress Less: Mindfulness for stress relief

Thursday, May 26, 2022, 12:00-1:00pm. Register in advance.
<https://cornell.zoom.us/meeting/register/tJwlduCtrzluHdKM61zLZsxXS5FeVhmWVvob>

Thursday, May 26, 2022, 7:00-8:00pm. Register in advance.
<https://cornell.zoom.us/meeting/register/tJcdu2oqDkuEtFYkjKLUnZSjCw8BJYR-Cph>

SOCIAL MEDIA



Visit us on **facebook** for tips and to check out our self-care challenge.
<https://www.facebook.com/communityeducationccesuffolk>

Spanish

<https://www.facebook.com/ccesuffolkenespanol>

PODCASTS

Parenting Tips



[Raising a resilient child](#)

[Your family's emotional health during challenging times](#)

[Parents and sleep](#)

[Children and Sleep](#)



[Mindfulness: Managing stress and growing resilience](#)

COMMUNITY EDUCATION BLOG

[A Parent's Role in Promoting Positive Children's Mental Health](#) - posted 5/3

[Infant and Toddler Mental Health](#) - posted 5/6

[Stress – the good, the bad, the ugly](#) - posted 5/10

[De-Stress to feel your best](#) - posted 5/13

[Coping with Grief](#) - posted 5/20

[Feeling overwhelmed by the news? Mindfulness can help](#) - posted 5/23

[Feeling Stressed? Mindfulness can help](#) - posted 5/25

[Stressed? Turn daily chores into Mindfulness practice](#) - posted 5/27

WEBSITE



Mental Health Resources

<http://ccesuffolk.org/community-education/family-health-and-wellness/mental-health-resources>

Cornell Cooperative Extension

ccesuffolk.org

Recursos en Español

<http://ccesuffolk.org/recursos-en-espa-ol>

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension | Suffolk County

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • www.ccesuffolk.org