

La Crosse Area

2018 May is Mental Health Month Activity



2018 May is Mental Health Month activity for the La Crosse area created by Matt Strittmater (La Crosse County Human Services). Apologies if any events are missing. Only limited information is included - Please communicate with the Contact Person listed if interested in more information about a specific event.

Please share this list as desired to promote attendance at events in our community!

Date	Event	Time / Location	Brief Summary	Contact Person
4-25-18	Speaker: J. Danée Sergeant	7:00 pm – 8:00 pm Cowley Hall Room 100 (UW-L campus)	Active Minds Speaker Bureau: J. Danée Sergeant is a survivor of trauma, homelessness, and polysubstance abuse disorder empowering others to survive/thrive.	Tyler Besaw besaw.tyler@uwlax.edu
4-26-18	Project YES: Life Skills Workshop (finances & school/employment)	4:30-7pm Café D’Vine in Onalaska.	Free workshop/dinner for transitional age youth (16-25) to learn daily living skills related to finances, school, and employment. RSVP by Monday, April 23rd	Katherine Nelson katherinen@isiinc.org 608.461.1307
5-2-18	Gundersen Video / Movie Screenings	11:00 am – 1:00 pm 6:00 pm Gundersen Health System Rasmus Center	<ul style="list-style-type: none"> 11:00 am – 1:00 pm - Adult Showings of Mental Health Education and Relaxation Videos 6:00 pm - “Inside Out” screening for families to promote mental health education and discussion Snacks and beverages to be provided	Michelle Robers mjrobers@gundersenhealth.org

5-10-18	Project YES: Life Skills Workshop (self-care & strengths)	4:30-7pm Café D’Vine in Onalaska.	Free workshop/dinner for transitional age youth (16-25) to learn daily living skills related to self-care and strengths. RSVP by Monday, April 23rd	Katherine Nelson katherinen@isiinc.org 608.461.1307
5-10-18	Youth Mental Health First Aid Class	La Crosse Area	Free 8 hour public education program (risk factors, warning signs, how to help, etc.) Register at: https://www.surveymonkey.com/r/RegisterYMHFA	Diana DiazGranados diana@bettertogetherlaxco.org
5-11-18	Yoga in Cameron Park	6:00 pm Cameron Park (if rains -Food Co-op)	“A Warrior’s Way” Yoga (mat not needed) class. Proceeds from donations (\$10 suggested) used to help individuals with transportation and clothing needs.	Julie Diermeier diermeierjje@gmail.com
5-14-18	Suicide – The Ripple Ripple (Documentary)	7:00 pm - resource tables, film at 7:30 pm Marcus Cinema	A survivor whose mission is to highlight the global changes from those affected, with a call to action about Suicide. To reserve a ticket: https://gathr.us/screening/23017	Riley Hunter hunterriley76@gmail.com
5-22-18	Change Direction Community Event	Watch for details	Video PSA contest winners announced	Sam Van Riper SVANRIPER@TRANE.COM
5-24-18	Striding for Mental Wellness	12:00 – 1:00 Begins at City Hall (La Crosse St. side)	7 th annual awareness walk. Mayor proclamation, brief speech, walk through downtown, and refreshments. Wear green!	Bev Trussoni btrussoni@lacrossecounty.org
5-24-18	Depression Screening and Wellness Fair	Time TBD Belle Square Clinic	Mayo depression screening and wellness fair.	Christine Hughes Hughes.Christine2@mayo.edu
5-24-18	Shining Star & Iris Awards	4:30 – 6:00 pm Cargill Room in Riverside Center South in La Crosse	NAMI and MH Coalition awards for outstanding impact in mental health arena.	Matt Strittmater mstrittmater@lacrossecounty.org
5-24-18	Project YES: Life Skills Workshop	4:30-7pm Café D’Vine in Onalaska.	Free workshop/dinner for transitional age youth (16-25) to learn daily living skills related to healthy eating & yoga. RSVP by Monday, April 23rd	Katherine Nelson katherinen@isiinc.org 608.461.1307
5-30-18	ILR Screening of “Crazywise”	6:30-9:00 pm Viterbo Recital Hall	Free screening of “Crazywise” Only recommended for high school age and up due to language and content	Sara Eckland sara.eckland@ilresources.org
5-31-18	Youth Mental Health First Aid Class	La Crosse Area	Free 8 hour public education program (risk factors, warning signs, how to help, etc.) Register at: https://www.surveymonkey.com/r/RegisterYMHFA	Diana DiazGranados diana@bettertogetherlaxco.org