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	7:00 pm – 8:00 pm	Active Minds Speaker Bureau: J. Danée Sergeant is a	Tyler Besaw
	Sergeant	Cowley Hall Room 100	survivor of trauma, homelessness, and polysubstance	besaw.tyler@uwlax.edu
		(UW-L campus)	abuse disorder empowering others to survive/thrive.	
4-26-18	Project YES: Life Skills	4:30-7pm	Free workshop/dinner for transitional age youth (16-	Katherine Nelson
	Workshop (finances &	Café D'Vine in	25) to learn daily living skills related to finances,	katherinen@isiinc.org
	school/employment)	Onalaska.	school, and employment. RSVP by Monday, April 23 rd	608.461.1307
5-2-18	Gundersen Video /	11:00 am – 1:00 pm	• 11:00 am – 1:00 pm - Adult Showings of Mental	Michelle Robers
	Movie Screenings		Health Education and Relaxation Videos	mjrobers@gundersenhealth.org
		6:00 pm	• 6:00 pm - "Inside Out" screening for families to	
			promote mental health education and discussion	
		Gundersen Health	Snacks and beverages to be provided	
		System Rasmus Center		

Workshop (self-care & strengths)Café D'Vine in Onalaska.25) to learn daily living skills related to self-care and strengths. <i>RSVP by Monday, April 23'd</i> katherinen@islinc.org 608.461.13075-10-18Youth Mental Health First Aid ClassLa Crosse AreaFree 8 hour public education program (risk factors, warning signs, how to help, etc.) Register at: https://www.surveymonkey.com/r/Register/YMHFADiana DiazGranados diana@bettertogetherlaxco.org5-11-18Yoga in Cameron Park (if rains -Food Co-op)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 diermeierjie@gmail.com5-14-18Suicide - The Ripple Ripple (Documentary)7:00 pm - resource tables, film at 7:30 pm Marcus CinemaA survivor whose affected, with a call to action about Suicide. To reserve a ticket: https://gathr.us/screening/23017Riley Hunter hunterriley76@gmail.com5-24-18Change Direction Community Event12:00 - 1:00 Begins at City Hall (La Crosse St. side)7th annual awareness walk. Mayor proclamation, brief speech, walk through downtown, and refreshments. Wear green!Bev Trussoni btrussoni@lacrossecounty.org5-24-18Shining Star & Iris4:30 - 6:00 pmNAMI and MH Coalition awards for outstanding impactMatt Strittmater	5-10-18	Project YES: Life Skills	4:30-7pm	Free workshop/dinner for transitional age youth (16-	Katherine Nelson
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