

MENTAL HEALTH AWARENESS MONTH 2021

Thursday, May 6



5:30 P.M.

Want to embark on your mental health treatment journey, but don't know where to start? At this virtual panel, Henry Streeters and other community members will share their experiences with therapy.

Moderated by Henry Street Settlement
School-Based Mental Health Program
Director Kelly Lennon-Martucci

Thursday, May 13



5:30 P.M.

Throw on a comfy outfit, pay attention to your breath, and get your stretch on! Yoga can be a great part of your mental health toolbox. No equipment or experience necessary.

Led by Henry Street Settlement
School-Based Mental Health Social
Worker (and yoga teacher!)
Jaclyn Vasaturo

Thursday, May 20



5:30 P.M.

Expressing your creativity through art can help manage your mental health! Join this virtual paint night, where we'll paint together over Zoom. Easels, canvas, and paint will be mailed to you (for free) if you pre-register.

Limited to 20 participants. First come, first served.

Thursday, May 27



5:30 P.M.

Cook up a delicious, healthy snack in the comfort of your own home. All supplies will be mailed to you (for free) if you pre-register.

Led by Kristal Waters
Limited to 20 participants. First come, first served.

Register online at henrystreet.org/mentalhealth2021

Call Kelly Lennon-Martucci at
917.929.7695 for more information.

