





# Children's Mental Health Week May 2024 Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
   <p><i>Click on each day to get more information!</i></p>			1 Get to Know Your Legislators	2 Join us at one of PPAL's events	3 Celebrate Yourself: Wear what YOU are comfortable in today-- be it formalwear to PJs, just be YOU!	4 Make Green Ribbons for Children's Mental Health Week!!
5 School Avoidance is highest in kindergarten and high school.	6 PPAL Publication: Who To Call In A Crisis	7 Social Justice means creating a equal society where individuals matter, have protected rights, and decisions are fair and honest.	8 Read a book from PPAL's Recommended Reading!	9 PPAL & Friends MA Statehouse / Ducks Event- Join Us!	10 Wear Green! for Children's Mental Health!	11 Get Sunlight- take a walk or sit by a sunny window
12 PPAL Publication: Sharing Your Story	13 PPAL Family Fun Dunn Pond State Park, Gardner MA 5:30 - 7:30 PM	14 Get to know your school's SEPAC	15 Youth voice matters! connect with Youth Move Massachusetts	16 Parent Information Network's (PIN) Annual Mothers Day Breakfast 9:30-11:30 Email pin@bamsi.org	17 Challenge inaccurate portrayals of mental health- or ANY time someone is "othered"!	18 Create- paint, write, sculpt, sing, garden, cook
19 All mental health services available with a CRA are available WIHTOUT one.	20 PPAL Publication: How To Talk So Providers Will Listen	21 Call stigma what it is- mental health discrimination!	22 Feeling overwhelmed? try the TIIP skill!	23 EXYO PLANET Express Yourself's 30th Annual Performance	24 Restraint and seclusion are used disproportionately on Black and brown students	25 PPAL Family Picnic Buffumville Lake Park, Charlton MA, 10:00 AM - 2:00 PM
26 Suicide is a leading cause of death for teenagers	27 PPAL Publication: Real Risks to CRAs	28 A family's acceptance of their LGBTQIA+ child can save their life	29 PPAL Publication: Make a crisis plan for your family	30 Ask your pediatrician if they've connected with MCPAP	31 PPAL's Virtual Conference on Children's Mental Health	

[www.PPAL.net](http://www.PPAL.net)

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## PATHWAYS TO SOCIAL JUSTICE

This May, join us in highlighting the importance of children's mental health as part of the pathway to social justice! Learn and reflect through books and resources and advocate with us in your community, school, and the Massachusetts Statehouse!



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