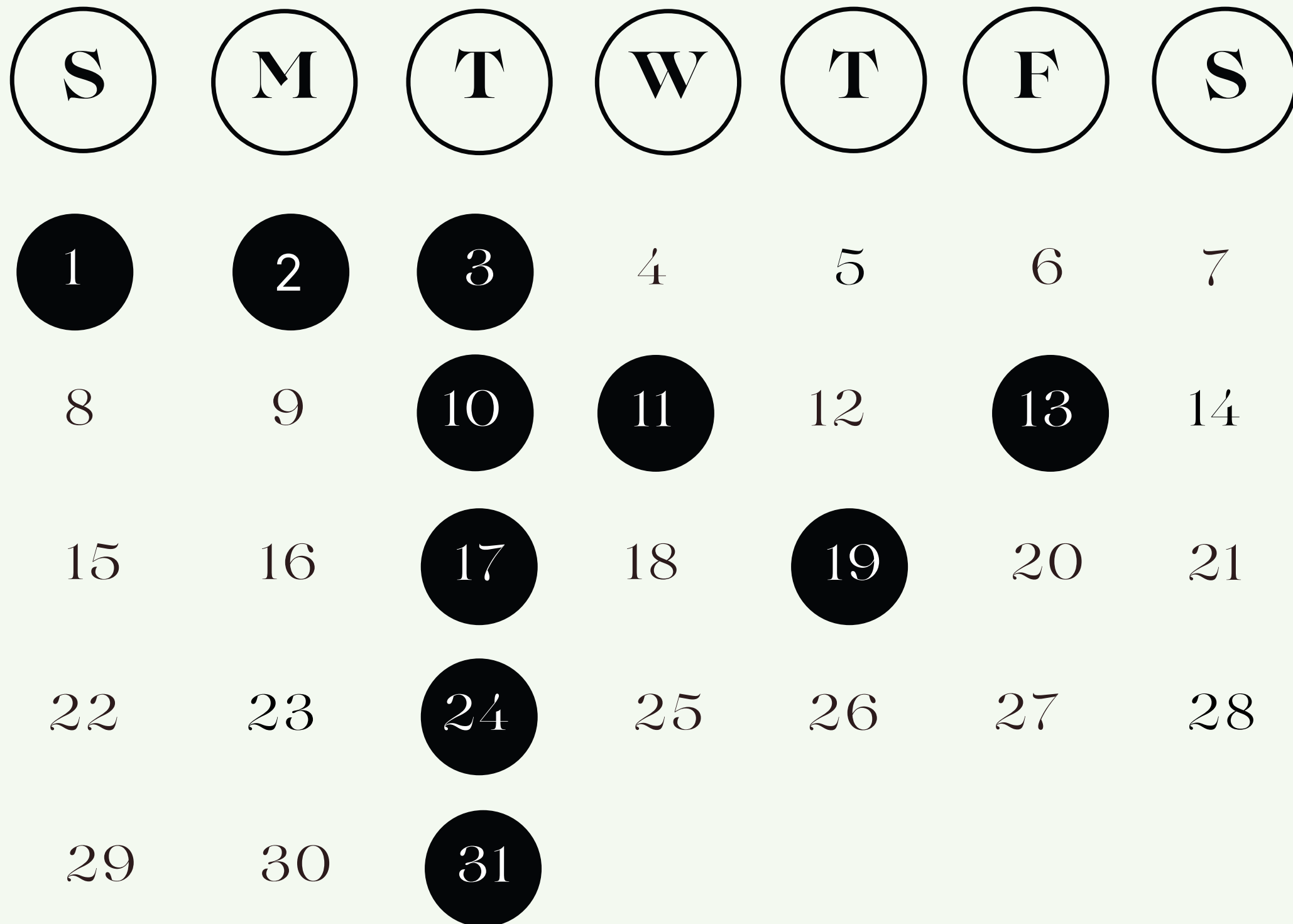




May is Mental Health Month!



5/2 **Virtual Event 7pm-The Ashland Public Library presents Dr. Kathleen Wolf as she discusses the Mental Health Benefits of Being in Nature.**

Appropriate for tweens, teens, & adults.

Description:

We're kicking off Mental Health Awareness Month (MHAM) with this fascinating and important conversation. Metro nature - including trees, parks, gardens, and natural areas - enhance quality of life in cities and towns. The experience of nature improves human health and well-being in many ways. Nearly 40 years of scientific studies tell us how. Join Dr. Kathleen Wolf, a research social scientist out of the University of Washington, as we discuss the mental health benefits we might experience if we spend more time in our green spaces.

Contact the Ashland public library for more details! Register via the community events town calendar.

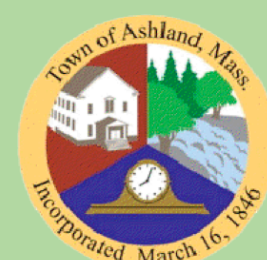
5/3, 5/10, 5/17, 5/24 **In person re-occurring events 6:30-7:30pm @ the Ashland Public Library Schiesske Room. Decisions at Every Turn Coalition & the Ashland Public Library are partnering to bring in Lisa Campbell, Founder Mindfulfilled Meditation.**

Appropriate for parents of teens but all adults (16+) are welcome.

Description:

Being a Freshman, learning how to drive, gaining more independence, and figuring out Life After High School can leave any teen feeling stressed and overwhelmed and parents exhausted from riding a non-stop rollercoaster of emotions. Find peace, patience, and presence in any moment with breathing techniques (useful while riding in the car with teens practicing for their drivers permit!), mindfulness, and practices of compassion and kindness that help you to be the best parent you can be, despite what your teen might think.

Contact the library or lisa@mindfulfilled.com for more details! Prior registration required. Register via the community events town calendar.





May is Mental Health Month!

5/10 **Virtual Event 7-8:30pm. Decisions at Every Turn Coalition is hosting Laura Stack with her presentation "The Dangerous Truth about Today's Marijuana: Johnny Stack's Life & Death Story".**

Appropriate for Adults (18+)

Description:

The Dangerous Truth About Today's Marijuana: Johnny Stack's Life & Death Story Presentation and Q&A This presentation is a call for parents to educate themselves about the risks of today's high-THC marijuana products and to better understand the potentially devastating effects on youth mental health.

- Learn About the High-Potency Marijuana Products Used by Today's Youth
- Discover the Effect of THC on Adolescent and Teen Brain Development
- See the Results of Legalizing Medical Marijuana for 18-Year-Old's in Colorado
- Understand How Adolescent Marijuana Use Can Lead to Mental Illness and Psychosis
- Understand the Connection Between Marijuana and Suicide in Youth

*Contact Kristin French at kristin.french@ashlanddecisions.org for questions. Register: ashlanddecisions.org/calendar/

5/11 **In-person event 4-6:30pm @ the Ashland Community Center. 162 W. Union St. Ashland, MA. Human Services Wellness Fair.**

Description:

In honor of Mental Health Awareness Month, Ashland's Department of Human Services is hosting a Wellness Fair/Open House that will highlight various resources promoting a wide range of Social, Emotional, Mental & Physical Health education and information. The featured event will be provided by Ashland REIKI & Wellness Center and the evening will include resource tables hosted by; Human Services, DAET, the Ashland Health Department, the YMCA and Behavioral Health Partners of Metro West. Additional table hosts are not confirmed.

Contact jwuefling@ashlandmass.com for more information!

5/11 **In-person event 5:30-6pm @ the Ashland Community Center in the Game Room. 162 W Union St. Ashland, MA. Hannah Stein, Owner Ashland REIKI & Wellness Center, leading a guided crystal meditation.**

Appropriate for ages 5 & older.

Description:

Come and enjoy a free Guided Meditation offered by Hannah Stein, Owner of Ashland REIKI & Wellness Center. Hannah will take us on a beautiful journey in our minds, incorporating crystal energy, natural water, plant, and wildlife scenery; and peaceful, soft music. The perfect antidote to the stresses of a long day at work - whatever your work may be! This is the signature event of the Wellness Fair happening that same evening.

Contact Hannah Stein 617-650-0455 for more information!

5/13 **In-person event 6:30-7:45pm @ UpperKuts Boxing Club. 30 Main St. Ashland, MA. Fitness Boxing Class.**

Description:

A fitness boxing class that will help to channel any unwanted energy into something positive & satisfying. We will be going over the foundation of boxing using a variety of movements.

Contact Aj Thomas 774-444-6220 or AJ@UPPERKUTSBOXING.COM for more information!

Website: WWW.UPPERKUTSBOXING.COM

5/19 **In-person event 3:30pm @ Ashland REIKI & Wellness Center. 54 Front St. Ashland, MA. Teen Workshop-Learn How To Use Crystal Energy & Meditation for Self-Care.**

Appropriate for ages 12 & above.

Description:

Learning how to manage emotions, relationships, & stress can be a challenge. Did you know there are many natural tools available to help with maintaining composure & calm? This workshop, especially structured for teens, will illustrate many techniques that can be used to keep your cool - even when the test went poorly, or the friends are missing in action. The techniques you learn in this workshop can be used for a lifetime and will form the basis for self-care that will benefit you in many ways. Hope to see you there! Cost \$5 per teen. Registration required.

*Contact Hannah Stein 617-650-0455 to register or for more information!





May is Mental Health Month!

5/31 **In-person event 6:30-8pm @ the Ashland Community Center 162 W Union St. Ashland, MA. Decisions at Every Turn welcomes Ruth Hanning, MA to facilitate an interactive discussion for parents of middle & high school students.**

Description:

Helping Teens Problem Solve: How to Listen to your teen and foster effective decision-making

An interactive discussion for parents of middle- and high-schoolers that includes:

- Understanding the teen brain and factors impacting teen mental health
- What teens need from caregivers/parents/significant adults when problem-solving
- What do safety concerns for your teen look like and where to get help for teens and parents?

*Contact Kristin French kristin.french@ashlanddecisions.org to register or visit: ashlanddecisions.org/calendar/

5/1- **Resource table/poster presentation @ the Ashland Senior Center for the whole month of May!**

Intended for Seniors

5/31 Mental health craft activity for Seniors TBD..information & sign up at the community center!

Promotion-Blush Bouquets. 20 Front St. Ashland, MA. Hours: M-F 10am-5pm Sat. 10am-2pm

5/1- Description-

5/31 During the month of May, Blush Bouquets will be running our Flowers for Friends promotion to benefit DAET. The offer includes 3 wrapped bunches of tulips – 1 for you to keep and 2 for you to give away – for \$60, with a \$10 donation back to DAET.

Studies have shown that flowers can induce creative energy and positive vibes, ultimately making us feel better. In addition, people who suffer from stress are positively influenced by the presence of flowers. Amazingly, even patients in the hospital who had flowers in their room during their recovery felt less anxiety than people with empty rooms.

Giving flowers as an unexpected gift to ourselves or others can also improve our mood, as it is a gesture filled with love and compassion. When you receive flowers, your fatigue decreases, and your blood pressure lowers. It's the gift that keeps on giving! Specifically, tulips alleviate tension and exhaustion.

Can be purchased in store or on the website www.blushbouquets.com

5/1- **Promotion- Ashland Nutrition. 61 Pond St. Ashland, MA. Hours M-F 7am-4pm Sat. 8am-4pm Sun. 10am-2pm**

5/31 Description-

For the month of May, Ashland Nutrition will have a specialty drink to honor the month. You will have to stop by to find out what it is! Watch for their daily positive quote on social media: Instagram @ashland_nutrition, Facebook Ashland Nutrition.

