

# MENTAL HEALTH

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# TAKING CARE OF YOUR MENTAL HEALTH

TUESDAYS FROM 1PM-3PM



MAY 5, 2026  
CREATE YOUR OWN MENTAL  
HEALTH JOURNAL

MAY 12, 2026  
MENTAL HEALTH  
MYTH VS FACT

MAY 19, 2026  
GRATITUDE WALL

MAY 26, 2026  
POSITIVE AFFIRMATIONS