

# **May 2017 MHA Month**

## **WORKSHOP TOPICS -Mechanicsburg**

2 – MHA – 3 Steps for Getting Up When Knocked Down

5- Keep Spirits Up Bombarded with Negative All Day

9 – MHA – Bipolar Support Self Help

12 – MHA – Facts About Schizophrenia

16– MHA- Peer to Peer Affirmations w/ Matthew

23 – MHA – ADHD and it's Symptoms

30 – MHA – Anxiety Disorders

31- “Wrap up” discussion of MH Awareness Month 2017