

Mental Health Awareness Month 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ease My Mind May 1 - June 12 2 p.m. Examen	2 8:30 a.m. Nature Walk at Morningside Nature Center
4 12 p.m. Mental Health in the Workplace	5 12 p.m. Relax	6 1 p.m. Foods for Mental Health 1 p.m. More Than a Mouthful: Navigating the Emotional Side of Eating	7	8 2 p.m. Examen	9
11 12 p.m. Healing from Compassion Fatigue	12 12 p.m. Relax 1 p.m. Aging Well: Preventing Cognitive Decline	13	14	15 2 p.m. Examen	16
18 12 p.m. Sound Bath Meditation	19 12 p.m. Relax	20 12 p.m. Ask MD Webinar: Heart & Mind Connection	21 1 p.m. Better You Webinar: Wellness at Your Fingertips: Optimizing Your Digital Mental Well-Being App	22 2 p.m. Examen	23
25 Memorial Day	26 12 p.m. Relax	27	28 12 p.m. Practice of Presence Webinar	29 Mental Health First Aid - Central FL Only 2 p.m. Examen	30

Be Sure to Sign Up Before They Start!

[Ease My Mind](#)
[Nature Walk](#)
[Sound Bath Meditation](#)
[Resilience Rx](#)

Looking Ahead: June

June 5: Jacksonville
Location Only: [Mental Health First Aid Training](#)

[June 8: Resilience Rx](#)

July

July 24: Gainesville
Location Only: [Mental Health First Aid Training](#)

August

August 14: Gainesville
Location Only: [Mental Health First Aid Training](#)

TBD

safeTALK Trainings
[See webpage for registration details.](#)