

AWARENESS WEEK 2020

MONDAY

INTERACTIVE
**Celebrating
Through Art:
Virtual Art Show**
bit.ly/2z2OQWg.

ACTIVITIES
**What Does
Mental Health
Mean to Me?**
bit.ly/2zNn6FJ

Show your support
on social media:

- Families
bit.ly/2Wdrg1g.
- Schools
bit.ly/3f22idP
- Community
Partners
bit.ly/2KQV2ng.
- Facebook Filter
bit.ly/2WfKeUW

TUESDAY

INTERACTIVE
Book Reading:
E-Smart in
Carroll County
bit.ly/2YoeQWW

ACTIVITIES
**Talk about how
you're feeling!**

- English
bit.ly/2yWk3uo
- Spanish
bit.ly/2SoMFDB

**Family
Resource Kit:**
bit.ly/3d57xaU

**Educator
Resource Kit:**
bit.ly/3f40npb

WEDNESDAY

INTERACTIVE
**MDEngageEarly
& Big Feelings**
@ 12:30pm
bit.ly/3aRHeTS

ACTIVITIES
**Complete a
mindfulness
activity together!**

- Young children
bit.ly/2zGWtIG
- Middle school
bit.ly/35IzBny.
- High school
bit.ly/3d4XqCG

**Early Childhood
Booklist:**
bit.ly/3f4WNUJ

**Older Childhood
Booklist:**
bit.ly/3fhC870

THURSDAY

INTERACTIVE
**Healthy
Relationships
Webinar @ 12pm**
bit.ly/2WdSh4H

**Taking Flight
Alone Together
Peer Meetup**
(18-26 yrs old)
@ 12 pm
bit.ly/2SrlUyf

**Prince George's
County Memorial
Library System
Community
Chat @ 4pm**
bit.ly/2YnslGg.

ACTIVITIES
Wear Green Day!
Send us photos on
social media!

FRIDAY

INTERACTIVE
**Helping Children
Cope with
COVID-19 & Anxiety**
bit.ly/3aQ9Htq.

**Young Adult Q&A
experiencing Mental
Health Challenges
as a Teen @ 3pm**
(18-26 yrs old)
bit.ly/2z0FESB

ACTIVITIES
**Say thank you to
your teachers!**
bit.ly/2We3Fxi

