



Pillars Community Health
Healing. Caring. Educating.



May is Mental Health Month

Attend these FREE events

Saturday, May 4, 8 am-5 pm

Mental Health First Aid

Hosted by NAMI Metro Suburban at the Community Wellness Center/
Living Room La Grange, register at namimetsub.org

Monday, May 6, 4 pm-5:30 pm

Parenting Workshop on Children's Emotional Wellness

Hosted by Pillars Community Health at our Child and Family Development Center in
Hickory Hills, dinner provided, register at PillarsCommunityHealth.org

Monday, May 6, 2 pm-3 pm

Emotional Wellness and Aging presentation

Hosted by Pillars Community Health at Riverside Town Hall,
no RSVP needed, details at PillarsCommunityHealth.org

Wednesday, May 8, 8 am-5 pm

Mental Health First Aid

Hosted by NAMI Metro Suburban at the Community Wellness Center/
Living Room La Grange, register at namimetsub.org

Saturday, May 18, 8 am-5 pm

Mental Health First Aid

Hosted by NAMI Metro Suburban at the Community Wellness Center/
Living Room La Grange, register at namimetsub.org

Wednesday, May 22, 8 am-5 pm

Youth Mental Health First Aid

Hosted by NAMI Metro Suburban at the Community Wellness Center/
Living Room La Grange, register at namimetsub.org

