

May is Mental Health Awareness Month



The Mental Health Association in New York State, Inc. (MHANYS), in partnership with the Kripalu Center for Yoga & Health, is offering Capital District residents a series of free presentations designed to incorporate mind-body strategies for lasting effects on personal and collective healing.

*Sign-up early, space limited! Registration for each presentation is required.
Presentations take place on Thursdays in May from 2-3pm.*

May 6th - Grief: The Most Universal of All Feelings

Presented by MHANYS.

There are invisible aspects of grief and loss that impact the health of our mind, body and spirit. Supporting the grieving process will ensure that grief is not categorized as a disease but an essential part of our wholeness as human beings and the precursor for healing.

May 13th - The Practice of Self-Compassion for Mental Health

Presented by MHANYS.

For those of us managing our mental health and healing, our internal thoughts need to support us. The practice of mindful self-compassion regulates our emotional health through compassionate responses rather than harsh criticism. Interpersonal neurobiology suggests we are designed to respond well to being treated kindly.

May 20th - Cultivating a Culture of Belonging & Community Well-Being

Presented by MHANYS.

It is in our relationships with each other that we heal and that we build the foundations for movements that can make big changes in our personal and community well-being. But we cannot ignore what will stop good intentions in its tracks - a sense of not belonging. Creating a culture of belonging supports those who do not feel a sense of belonging and dismantles "othering".

May 27th - Share Circles: The Healing Power of Listening & Being Heard

Presented by the Kripalu Center.

Share Circles is one of the oldest, richest teaching of Swami Kripalu and supports conscious communication—deep listening and clear speaking—to help us avoid the verbal misunderstandings that lead to confusion and separation. It helps us build trust in self and others.

Everyone is a link to care in the community.

For more information or to register, visit [MHANYS.org](https://www.mhanys.org)