

North Shore Youth Council Wellness Center Presents

Mental Health Awareness Spirit Week

May 12th -
through
May 16th

Mindful Monday

May
12th

"Slow Down & Tune In"

Wear your pajamas or comfy clothes and focus on being present. Take a deep breath, stretch, and practice mindfulness to start your week off calm and centered.

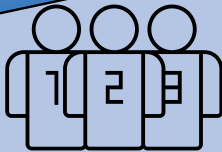


Team Up Tuesday

May 13th

"Stronger Together"

Show off your favorite sports team gear!



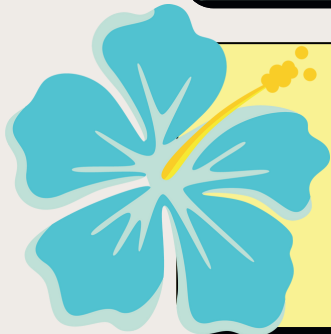
Today, we celebrate the power of support systems—friends, family, teammates, and trusted adults who help us feel safe and connected.

Wellness Wednesday

May
14th

"Grow Through What You Go Through"

Wear green to raise awareness for mental health. Let's talk about healthy coping skills, break the stigma, and take care of our minds like we do our bodies.



Tropical Thursday

May
15th

"Relax, Refresh, Recharge"

Wear your favorite tropical attire and take a mental vacation. Whether it's deep breaths, music, or sunshine—find what helps you relax and feel at ease.

Fabulous Friday

May 16th

"Shine Bright, Be You"

Rock bright colors, sparkles, or neon and celebrate your unique self. Today is all about confidence, self-love, and owning what makes you fabulous.

LOVE
yourself



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