

MAY 2025

Welcome to May!

May is Mental Health Awareness Month! Join us as we advocate for Mental Health, spread awareness on important Mental Health issues, and battling stigma surrounding Mental Health. Together, we can raise awareness and create community!

Happy Reading!

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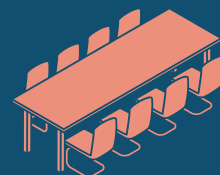
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Board Meetings

May 30 Event

Board Meeting Schedule

The CMHOC Board of Directors will meet on Friday, May 23, at 9am in the Board Room at the Fillmore Complex, 12220 Fillmore Street, West Olive.



Mental Health Fact of the Month

May has been Mental Health Awareness Month since 1949! Every year during the month of May we break down the stigma around Mental Health, and spread awareness around this critical topic. Whether you are advocating for yourself or others, its important to speak up!

Scan the QR code or click [HERE](#) to see how you can make a difference in spreading awareness and advocacy for Mental Health.



Recipient Rights

Did you know that State law affords you additional rights while receiving mental health services? For more information on your rights please access the Your Rights When Receiving Mental Health Services in Michigan booklet click [HERE](#)

Briana Fowler, Recipient Rights Director | 616-393-5763 | bfowler@miottawa.org

MAY 2025

Events



Mother's Day Make & Take

May 6 | 1-4pm @ Holland CMH



Wellness Wednesdays

May 7 | 12-1pm @ Lakeside Clubhouse



Ready, Set, Grow

May 13 | 10-11am @ Holland Drop-In Center



Community Health Fair

May 14 | 3-5pm @ Salvation Army Holland



Chat & Chill

May 16 | 1:30-2:30pm @ Community Action House

If you have any questions or concerns please contact Rodrigo at rmata@miottawa.org

Supporting Youth Event – May 30

A FREE training, sponsored and funded by CMH of Ottawa County Collaborative to Strengthen Youth & Families and Pathwaves Partnership is happening. This training is geared specifically for OTTAWA COUNTY nurses, social workers and professionals who work with youth and families. Information on this event is below:

Supporting Youth in the Digital World:

Managing Harms and Problematic Media Use

Friday, May 30, 8 am-12pm

(registration 7:30-8)

Ottawa County Admin Bldg

Main Conference Room

12220 Fillmore St, West Olive

Email Laura Buitenhuis at

lbuitenhuis@miottawa.org to

register or register [HERE](#)



CredibleMind

To start Mental Health Awareness Month, the focus is on psychological wellbeing. Psychological wellbeing is about being the best version of yourself and realizing your full potential. It also involves building resilience to navigate tough times, discovering a sense of purpose, and fully accepting yourself, flaws and all.

Psychological wellbeing concepts include:

- **Self-acceptance:** Embracing who you are
- **Self-actualization:** Growing into your full potential
- **Meaning and purpose:** Connecting to something bigger than yourself



Scan the QR code or click [HERE](#) to learn more!

