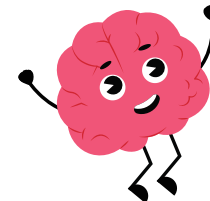


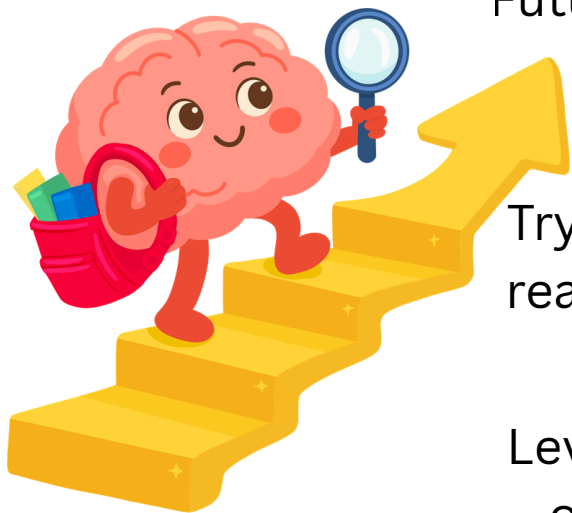


Children's Mental Health Action Week is part of Mental Health Awareness Month.

Let's Support Children's Mental Health!



Friday, May 8th



Future-oriented thinking is an important protective factor for kids! It is the ability to set goals, plan for them, and envision the future.

Try helping a child in your life set a goal for this summer: reading more books, practicing an instrument, learning a new sport, or practicing a new healthy coping skill.

Level up by setting a SMART Goal: a structured goal with objectives that are **S**pecific, **M**easurable, **A**chievable, **R**easonable, and **T**ime-Bound.