

MAY IS MENTAL HEALTH AWARENESS MONTH



Safety and Health is in article in your HGEA contract. Your mental health and safety is just as important as physical | Mental health awareness has never been more important as we deal with isolation during COVID, social issues, or whatever you might be dealing with | These programs hope to provide you with the tools you need to care for yourself, your family, and your co-workers.

Mental Health May Schedule (all classes virtual except the Saturday Youth Mental Health First Aid clinic):

Youth Mental Health in Hawaii | Monday, May 15th (5:30p) - Register Here:



A Practice in Coping Skills | Tuesday, May 23rd (5:30p) - Register Here:



(Oahu Only) Youth Mental Health First Aid Certification | May 27th (8:30a)* - Register Here:

*This is a Saturday class, in-person, at the HGEA office. Lunch provided.



Tips & Strategies for Surviving & Thriving | Tuesday, May 30th (5:30p) - Register Here:



Sexual & Gender Minority 101 | Tuesday, June 6th (5:30p) - Register Here:

