

# Mental Health Awareness Month at The J!

Presented by Acoya Troon

Register at:  
[mpjcc.org/mentalhealth2021](http://mpjcc.org/mentalhealth2021)



Embrace Documentary and Discussion with Adrienne Gold  
Tuesday, May 4 | 6pm

In partnership with The NikkiB Group and Connections In Home Care



The Bouncebackability Factor: End Burnout, Gain Resilience, and Change the World  
Thursday, May 6 5:30pm

In partnership with Paradise Valley Dental and the Yalowitz Zeidler Group of Baird Private Wealth Management



Gratitude as a Daily Spiritual Practice  
Wednesday, May 12  
5:30-7:30pm



Emotional Release Painting Class  
Sunday, May 16  
9-10:30am OR 11am-12:30pm