Mental Health AND THE GREAT OUTDOORS

MHA Mental Health America Lakeshore

A SERIES OF FREE FAMILY EVENTS TO CONNECT NATURE WITH MENTAL HEALTH AND EXPERIENCE THE WELLNESS BENEFITS OF BEING IN THE GREAT OUTDOORS

Mark your calendars and join us for a mindfulness journey in the great outdoors! We aim to bring families closer to nature, so these activities are most suitable for children from preschool through high school. We kindly request parents, grandparents, and/or caregivers to accompany their child(ren) during these experiences. Event times are varied to accommodate various schedules, including homeschooled families. Please note that the schedule, dates, and activities may be adjusted due to Wisconsin's ever-changing weather conditions.
Sign up HERE: https://bit.ly/mhagreatoutdoors or scan the QR Code

Scan me

Wednesday March 13 1:30-3 pm
Family Hike, Art Make & Take
Maywood Environmental Park, Sheboygan

Saturday April 6 9:30-10:30 am
Mindful Morning Family Hike
Sheboygan Broughton Marsh Park, Elkhart Lake

Wednesday May 15 1-3 pm
Mindful Hike and Art Make & Take
Riveredge Nature Center, Saukville

Saturday May 26 10:30-11:30 am
Family Yoga in the Woods
Blackwolf Run Yoga Platform, Kohler

Thursday June 13 1-2:30 pm
Gardens and Books Exploration
Art Make & Take
Bookworm Gardens, Sheboygan

Thursday July 11 10-11:30 am
Family Scavenger Hunt, Art Make & Take
Kohler-Andrae State Park, Sheboygan

Wednesday July 24 6-7:30 pm
Lumberjack-style axe throwing, ages 12+
Location TBD, Plymouth

Wednesday Aug. 7 10-11:30 am
Beachwalk and Art Make & Take
Hika Park and Beach, Cleveland WI

Saturday Oct. 26 9-11 am
Family photos w/photographer, Fall Crafts
Kohler-Andrae State Park, Sheboygan

Saturday Nov. 2 9:30-11 am
Fall Family Hike
Art Make & Take
Maywood Environmental Park, Sheboygan

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