

Iowa County Mental Health Matters Events

Mental Health Matters Monday, May 3

Deadline for T-shirt Design Contest: www.Suicide-IowaCountyWI.org

Highland - Blackhawk Lake, 3:00pm-6:00pm

Free admission for self guided trail walks

Darlington - Johnson Public Library 3:30pm - 5:00pm

Pick up a Swag Bag

Mineral Point - Library Park, Point Foods and Hook's Cheese 3:45pm - 5:15pm

Pick up a Swag Bag

Lancaster -Schreiner Public Library

Tea Light to take, "Be the light in somebody's Darkness"

Barneveld Library

"Be the Light in Somebody's Darkness", luminaries

Self-Care Tuesday, May 4

Mineral Point - High Barre (on Zoom) 6:00pm

Free Zumba

Barneveld Public Library

Free Journals

Kindness Wednesday, May 5

Mineral Point Public Library 10:00am - 5:15pm

Decorate a rock with quotes and images of kindness

Highland Blackhawk Lake 3:00pm - 6:00pm (weather permitting)

Pontoon Cruise meet at rental boat dock limited 12 per boat ride (Handicapped accessible)

Cobb Library 4:00pm - 7:00pm

Random Act of Kindness Tree

Barneveld Library

Random Act of Kindness Tree

Thoughtful Thursday, May 6

Mineral Point Public Library 10:00am - 5:15pm

"Thinking of You" cards, to decorate and share with someone.

Mineral Point Train Depot 5:00 pm

Nature walk (weather permitting) on ATV Trail (Handicapped accessible).

All participants entered to win 1 of 10 free T-Shirt.

Dodgeville - Harris Park, basketball courts @ 6:00pm.

Free Yoga sponsored by Exhale Fitness. All participants will win 1 free class at Exhale Fitness (weather permitting)

Dodgeville - Governor Dodge @ 7:30pm

Nature Walk Sponsored by Exhale Fitness. Meet at front gate (Park Sticker is needed)(weather permitting)

Barneveld Public Library

Leaves of Love. Write a message of love and add it to the tree.

Stigma Reduction Friday, May 7

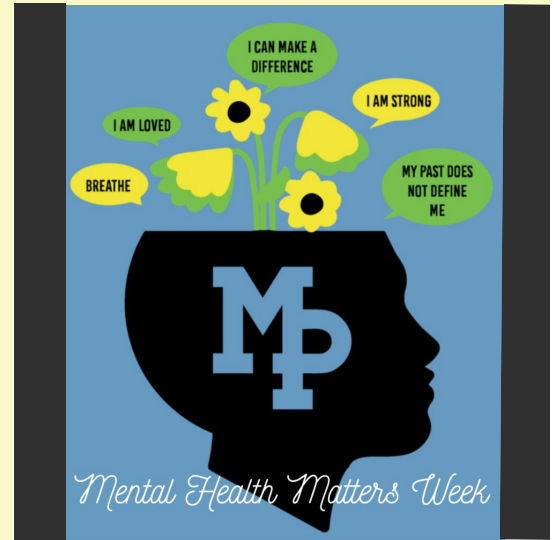
All of Iowa County

Wear your Mental Health Matters or Suicide Prevention Shirt

Memorial Day Weekend May 29 - June 11 Suicide Shoe Memorial

Desiree's Hair Salon 246 High Street Mineral Point

for more information go to www.suicide-iowacountywi.org



(MP Mental Health logo by Senior Rylee Calvert)



Mineral Point Public Library

137 High St, Suite 2

Mineral Point, Wisconsin 53565 | 608-987-2447

mineralpointpubliclibrary.org