

The Facts

1 in 5
Americans have a
mental health condition

50%
of all lifetime cases of
mental illness begin by age 14

Suicide is the
3rd leading cause
of death in young people ages 10-24

SOURCE: NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI.ORG)

Mental Health Resources

If you are struggling with emotional or mental health concerns and seek support and local resources, go to:
www.njhopeline.com or call
1-855-NJ-HOPELINE (1-855-654-6735)

If you are having thoughts of self-harm or suicide there is help. Call The Suicide Prevention Lifeline 1-800-273 TALK (8255) or visit www.suicidepreventionlifeline.org

To find a local mental health provider, go to www.psychologytoday.com

A complete list of mental health-related statistics, resources and tips can be found at www.intoyellow.com/madison

INTO YELLOW®

www.intoyellow.com

About INT-O Yellow

International Optimism Yellow (aka 'INT-O Yellow') is a color with a cause created by conceptual artist and Optimist, Uncle Riley, in collaboration with Pantone Color Institute. It was developed as a platform for collaboration; a tool for people to share Optimism and create a brighter world, while also being a color for Mental Health Awareness (eg. PINK = Breast Cancer, RED = AIDS, BLUE = Autism).

Over 1000 artists, organizations and multiple U.S. towns have been inspired by and collaborated on civic INT-O Yellow, including Madison, NJ, Kingston, NY and Montclair, NJ.



MAY 4-11

MADISON INTO YELLOW®

A Celebration of
Optimism & Resilience
in honor of Mental Health
Awareness Month (MAY)

Event Calendar & Resource Guide



COLLABORATIVELY
GENERATED

Madison INTOyellow is an annual week-long series of FREE arts, educational and social events that support and celebrate local community mental health resources in honor of National Mental Health Month (May). All events have been developed by a group of Optimistic community leaders, artists, therapists, educators, students, religious leaders and senior citizens with the shared intention to shine a light on the stigma of Mental Health and inspire community connection through collaboration and creativity.

Saturday, May 4

Planting of Pollination "Flowers"
8am-12pm
Lawn of Hartley Dodge Memorial Building

Monday, May 6

Guided Meditation (All Levels)
9-10am, MCC
Donna Kass of Empowerment Meditation

Equine Therapy
6:30-7:30pm, MCC
Maureen Coultas, Executive Director, Hope's Promise Therapeutic Riding & Equine Assisted Activities Program

Qigong, Exercise for Cultivating Health and Well-Being
7:30-8:30pm, MCC
Bianca Godoy of Madison Area YMCA

Tuesday, May 7

Iyengar Yoga, (All Levels)*
9-10am, PCM Lawn
Jane Caulfield of Studio Yoga

Developing Mental Skills for Well-Being
12-1pm, SSBS and 6:30-7:30pm, PCM
Pat Miller, Pastoral Counselor and Psychoanalyst

Qigong, Yoga & Meditation Sampler
7:30-8:30pm, PCM
Anita M. Pacheco of Madison Community House and Anita's Attitude Adjustments, LLC

**Wear
YELLOW
ALL WEEK!**

Wednesday, May 8

Beginner Salsa
9-10am, PCM Lawn
Vanessa Hocken of Mind Your Body

Demystifying Mental Health
12-1pm, SSBS and 6:30 -7:30pm PCM
Lisa Sprague, LCSW, Project Community Pride of the Madison Area YMCA & Cara Maksimow, Licensed Clinical Therapist and Owner of Maximize Wellness

Hunyuan Qigong
7:30-8:30pm, PCM
Dr. Henry McCann of NJ Center for Acupuncture

Thursday May 9

Resistance Band Training*
9-10am, PCM Lawn
Claudia Aarts-Schreiber of Chaise Fitness

Holistic Decluttering
12-1pm, SSBS
Jennifer Sikora, Founder of Smaller Bigger Life - Life Coaching and Organizing

Clear & Quiet Your Mind and Feed Your Brain
6:30-7:30pm, PCM
Janet StraightArrow, Shaman, Reiki Master, Coach, Sage and CEO of Be The Medicine & Kathy D'Agati - Holistic Nutrition Coach and Certified Gluten Practitioner from Back to Basic Wellness

Sun Style, Tai Chi
7:30-8:30pm, PCM
Brian Coffey of Qigong for Healing, Adult School and Grace Episcopal Church

*mat recommended

Friday, May 10

Hatha Yoga, (All Levels)
9-10am, PCM Lawn
Anna Major of Foundations Yoga

Increasing Optimism: Science Behind Smile
12-1pm, SSBS
Cara Maksimow, Licensed Clinical Therapist and Owner of Maximize Wellness

In Our Own Voice
6:30-7:30pm PCM
Gail Schrafman, NAMI NJ Representative

Candlelight Yoga (Hatha)*
7:30-8:30pm, PCM
Anita M. Pacheco of Madison Community House, Anita's Attitude Adjustments, LLC

Saturday, May 11

Be the Boss of Your Thoughts
(for children)
12-1pm, SSBS
Gretchen Burman - Founder of Character U, Author & Speaker

**Saturday, May 11
1-4pm
FREE EVENT**

**People's
picnic**

Outside Madison Community Arts Center, 10 Kings Rd.

**JOIN IN brightening the town
FOOD • MUSIC
Optimistic CONVERSATION**
Please RSVP at www.Healthy-Italia.com

hosted by 
Healthy Italia
La Buona cucina

Check out intoyellow.com/madison or follow us on Facebook @[madisonintoyellow](https://www.facebook.com/madisonintoyellow) for a complete list of intoyellow events happening around town

Locations Key:
MCC: Madison Civic Center (28 Walnut St.)
SSBS: Short Stories Bookshop & Community Hub (23 Main St.)
PCM: Fellowship Hall at Presbyterian Church (19 Green Ave.)