



MENTAL HEALTH AMERICA LAKESHORE HOSTS A SERIES OF FREE FAMILY EVENTS TO CONNECT WITH NATURE AND EACH OTHER

**Mental Health and the Great Outdoors 2024 Kicks-off on March 13,
Funded by Mental Health America National in Partnership with L.L.Bean**

PHOTOS

<https://www.dropbox.com/scl/fo/6z4pas3u57vvbboi1r4vk/h?rlkey=nacekiw4jzmcj704ctri55lpa&dl=0>

Sheboygan, Wis. (March XX, 2024) A mental wellness journey in the great outdoors, Mental Health America (MHA) Lakeshore hosts FREE outdoor experiences through local parks and recreation destinations. *Mental Health and the Great Outdoors* is a series of themed outdoor activities affording participants the wellness benefits of being in the great outdoors while connecting with each other. This new program is funded by Mental Health America National in partnership with L.L.Bean, a globally recognized outdoor brand.

“Nature can help nurture relationships and naturally brings people closer,” said Julie Preder, Executive Director of Mental Health America Lakeshore. “We anticipate that families will discover the therapeutic benefits of nature and enhance their mental well-being through engagement in our unique outdoor activities this year.”

Ten unique MHA-led *Mental Health and the Great Outdoors* sessions will be hosted from Spring through Fall offered on various days and times to accommodate a variety of schedules.

“The event times are varied to accommodate varied schedules including homeschooled families,” said Preder. “It is our hope that there is at least one session that syncs with everyone’s availability.”

A full schedule events is listed below and is available online:

<https://mhalakeshore.org/wp-content/uploads/2024/02/Mental-Health-and-the-Great-Outdoors.pdf>

Schedule, dates and activities may be adjusted due to Wisconsin’s ever-changing weather conditions. These activities are designed for families with children/grandchildren ages Pre-K to 12th grade, accompanied by at least one adult. All events are free of charge, including the admission fee at Kohler Andrae Park for the July 11 and October 26 events, as well as the Riveredge Nature Center admission on May 15. Community members are required to register in advance for the *Mental Health and the Great Outdoors* session(s) online:

<https://bit.ly/mhagreatoutdoors>.

2024 MENTAL HEALTH AND THE GREAT OUTDOORS SCHEDULE

March 13 from 1:30-3pm

Family Hike and Art Make & Take at Maywood Environmental Park (Sheboygan)

April 6 from 9:30-10:30am

Mindful Morning Family Hike at Sheboygan Broughton Marsh Park (Elkhart Lake)

May 15 from 1-3pm

Mindful Hike & Art Make and Take at Riveredge Nature Center (Saukville)

May 26 from 10:30-11:30am

Family Yoga in the Woods at Blackwolf Run Yoga Platform (Kohler)

June 13 from 1-2:30pm

Gardens and Books Exploration and Art Make & Take at Bookworm Gardens (Sheboygan)

July 11 from 10-11:30am

Family Scavenger Hunt Art Make and Take at Kohler-Andrae State Park (Sheboygan)

July 24 from 6-7:30pm

Lumberjack-style Axe Throwing (Ages 12+) at Location To Be Determined (Plymouth)

August 7 from 10-11:30am

Beachwalk & Art Make & Take at Hika Park and Beach (Cleveland)

October 26 from 9-11am

Family Photos with Photographer and Fall Crafts at Kohler-Andrae State Park (Sheboygan)

November 2 from 9:30-11am

Fall Family Hike and Art Make & Take at Maywood Environmental Park (Sheboygan)

ABOUT MENTAL HEALTH AMERICA LAKESHORE

Mental Health America (MHA) Lakeshore is a nonprofit mental health agency serving our community since 1953. Our mission is to promote overall mental health through education, support, public health reform, and advocacy. Our vision is to create mentally healthy communities where all individuals thrive.

CONTACT

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EVENTS

Upcoming MHA Lakeshore Events & Happenings:

- May 4 | Bringing Awareness to Suicide Event at the Manitowoc Fairgrounds
- May 19 | safeTALK Suicide Prevention Training at the John Michael Kohler Arts Center
- May 31 | Whole In One Mental Health America Golf outing at the Irish Course at Whistling Straits
- June 19 | Mind the Mind Symposium at Blue Harbor Resort & Conference Center
- September 14 | There is HOPE annual Suicide Awareness and Prevention Walk at Deland Park

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CONTACT

For more information, photos and to schedule interviews, contact:

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