



# JOIN US FOR A DAY IN THE PARK... CELEBRATING MENTAL HEALTH AWARENESS MONTH



**MAY is Mental Health Awareness Month.**  
During this Month & every day...  
we encourage everyone to  
Choose Mental Health.



**Ocean & Monmouth County Mental Health Community Fair** ■ **Saturday, May 11, 2024 | 10 a.m. – 2 p.m.**  
**Springwood Park, 126 Atkins Avenue, Asbury Park, NJ**

**Join us for this FREE family event for insightful information on a topic that touches all of us.** Hackensack Meridian *Health* proudly hosts this community event to promote conversation, awareness and understanding. The event will feature over 50 health and wellness providers, community and local resource groups and others dedicated to informing and educating individuals and families to better understand this important topic.

**Participants will include:**

- Mental health associations and providers
- General health and wellness resources
- Addiction recovery/substance use disorder resources
- Family mental health information
- Geriatric and caregiver mental health information
- Child & adolescent information and resources
- Giveaways, food and beverage vendors

