

MAY 2026

Mental Health Awareness Month



Mental Health Awareness Month was established in 1949 with the goal of reducing stigma related to mental health. Mental health is not limited to individuals diagnosed with particular conditions; it is relevant to everyone and should be intentionally incorporated into daily routines.



In Recognition of Mental Health Awareness Month
Aging Allies presents
Peace of Mind
Health Fair
May 7, 2026
LCCC - Tamaqua
234 High Street
10:00- 1:00
Discover local groups offering diverse mental health support services.

PEACE OF MIND



Mental Care Support Group

The mission of this support group is to provide women with opportunities to address mental health needs through supportive discussion, while incorporating principles that strengthen character and align with God's purpose.

Register by calling
570-591-1919

10 WEEKS

Every Tuesday 6 PM – 7:30 PM
June 2 - August 4



FIRST UNITED METHODIST CHURCH

330 W. Market St., Pottsville
Parking in the back of the church

Age 18 and older

WOMEN ONLY

Biblically influenced
Talk Openly & Honest



Small fee required for binder and supplies. Call for details.

JOIN OUR TEAM!

We are in need of volunteers who are looking for an exciting opportunity to serve their community. Call for details: 570-591-1919

NEPA Gives presents an opportunity to support Aging Allies during a 24-hour period, commencing at 7:00 pm on June 4 and concluding at 6:59 pm on June 5. All contributions will assist us in qualifying for bonus funds provided by NEPA Gives sponsors. Help us meet our goal! www.nepagives.org/organization/Aging-Allies-1/welcome

What is health sharing?

Health Share programs are not considered insurance. Various companies provide these types of programs, each with distinct features that should be carefully reviewed. Participants are responsible for a monthly premium and must pay a specific amount before any medical costs will be shared by the company. Please note that pre-existing conditions and mental health services are excluded from coverage. For further information or to review available options and providers, please contact us.



Follow us on Facebook!

www.aging-allies.org

