



The Clay Center for Young Healthy Minds

Rejuvenating July

BIPOC Mental Health Month

SUNDAY
Supper

Media
MONDAY

Take Care
TUESDAY

Watch
WEDNESDAY

Throwback
THURSDAY

FRIDAY
Facts

Solidarity
SATURDAY**

Join us in observing BIPOC Mental Health Month by exploring different ways to rejuvenate over the summer. Be sure to share with a young person in your life!

1
Mashpee Wampanoag Powwow (Mashpee)

2
Feeding America's Spotlight On Mental Health

3
Shrinking it Down featuring O'Neil Britton, MD

4
Embrace Your Community and Strengthen your Connections

5
Family Dinner Project's Dinner and a Movie

6
Shrinking it Down featuring Jonathan Jenkins, Psy.D, CMPC

7
Beginnings: The Inaugural Performance of the Asian Ballet Project

8
My Caribbean One World Expo (Boston)

9
Incorporate Native North American Cuisine into a meal today!

10
NowThis News with Khadijah Booth Watkins, MD, MPH

11
Check out the Clay Center en Español web page!

12
Visit a multicultural art exhibit
In Boston, check out the Hokusai exhibit @ MFA

13
Naomi Osaka on Athlete Mental Health

14
Learn more about Bebe Moore Campbell!

15
Boston Little Saigon Night Market (Dorchester)

16
Incorporate Asian Cuisine into a meal today!

17
Self Care in College and in Middle School

18
Khadijah Booth Watkins, MD, MPH on the worsening mental health of Black Teens

19
Visit the Multicultural Section at your Local Library

20
Simone Biles on Choosing Mental Health over defending Olympic Gold

21
33% of Multiracial teens stated that their mental health has been poor (YRBSS 2021)

22
Afrovybe Festival (Somerville)

23
Incorporate African Cuisine into a meal today!

24
Shrinking it Down featuring Angel Caraballo, MD

25
Ways to Emotionally Support Your Teen in Responding to Racism

26
Enjoy Music from Other Cultures
In Boston, check out *Seen Unseen* @ DCR Memorial Hatch Shell

27
Behind the Podium: A Mental Health Convo with Olympic Skater Mirai Nagasu

28
14.5% of Black teens and 10.7% of Hispanic have attempted suicide in the past year (YRBSS 2021)

29
Puero Rican Festival of Massachusetts (Boston)

30
Incorporate South American Cuisine into a meal today!

31
Celebrate your culture!

This calendar is interactive! Click on a box to link out to more information.

** These events are local to Massachusetts, but check your own area for similar, free cultural events!

Tag us in your rejuvenation!

@mghclaycenter

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mghclaycenter.org

