



Grow Through What You Go Through strives to educate individuals about mental wellness and well-being, encouraging action. The campaign motivates individuals to get back into their communities [after nearly 5 years of post-pandemic life] and out of their comfort zones to explore actions and activities that can positively impact their mental and overall health. Encouraging people to grow through life's obstacles, take care of oneself, and check in with others.

ALL MONTH LONG: GROW THROUGH WHAT YOU GO THROUGH BINGO

Get exploring in your community with Grow Through What You Go Through Bingo! Easterseals MORC has partnered with dozens of local businesses in the **Grand Rapids** and **Flint/Southeast Michigan** areas who offer opportunities for individuals to refuel and recharge for their mental health and overall well-being. Print out your **Grand Rapids** or **Flint/Southeast MI** board and visit local businesses in either area. Once you get a "BINGO," submit your board for a chance to win a prize! Learn more at: <https://bit.ly/GTWYGT-25>

MAY 13 & 15: HOW MANIFESTATION CAN IMPROVE YOUR WELL-BEING

Blue Cross Blue Shield of Michigan's Virtual Well-BeingSM host, Cindy, and a behavioral health expert team up to explain what manifestation is and how it affects your well-being. Register for the May 13th webinar at: <https://bit.ly/May-13-Manifestation-Webinar> or the May 15th webinar at: <https://bit.ly/May-15-Manifestation-Webinar>.

MAY 15: MENTAL HEALTH ACTION DAY

In partnership with **MTV** and thousands of organizations around the world, we are shifting mental health culture from **awareness** to **action**. This Mental Health Action Day, check-in with someone who needs it using **A.S.K.**! Learn more about the A.S.K method at: <https://ask.activeminds.org/en> or explore other ways how you can take action at: <https://www.mentalhealthishealth.us/>

MAY 19: MONEY SMART MONDAY - FRAUD, SCAMS, AND CYBERSECURITY

Join **Easterseals MORC** and **JP Morgan Chase** as we kick off our summer educational webinar series, Money Smart Mondays! On May 19th, **Annette Washington**, community manager from JP Morgan Chase will discuss how to remain vigilant with fraud and scams on the rise and will share cybersecurity tips to stay safe in a digital world. Save your virtual seat at: <https://events.chase.com/300063272>

MAY 22: EASTERSEALS MORC IS THE NON-PROFIT OF THE NIGHT AT THE DETROIT TIGERS GAME!

Easterseals MORC is the Non-Profit Organization of the Night at the **Detroit Tigers** Game! Join us for a night at Comerica Park, visit us on the concourse before the first pitch, and bring the whole family! First pitch is scheduled for 6:40 PM. Learn more and get tickets for the game at: <https://www.mlb.com/tigers>

AT YOUR LEISURE - COMPLIMENTARY ON-DEMAND 18-MINUTE MEDITATION: SUNSET SOUND BATH

Blue Cross Blue Shield of Michigan's Virtual Well-BeingSM co-hosts, Cindy and Marissa offer an on-demand sound bath as the sun sets over Fife Lake, in Fife Lake MI. Immerse yourself in tranquility where the soothing sounds and breathtaking beauty of the setting sun blend in perfect harmony, creating an atmosphere of deep relaxation and renewal. Watch at your leisure at: <https://bit.ly/Sunset-Sound-Bath>

GROW THROUGH WHAT YOU GO THROUGH

Learn more about Easterseals MORC's Grow Through What You Go Through mental health campaign at: <https://bit.ly/EastersealsMORC-Press-Kit> or www.EastersealsMORC.org

Easterseals MORC's Grow Through What You Go Through mental health campaign is proudly supported by JP Morgan Chase, Blue Cross Blue Shield of Michigan, and dozens of local businesses in Michigan.