

# Mental Health Awareness Month

# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Activities:</u> Project Ready Success Coach led Activities	2 <u>Activities:</u> Project Ready Success Coach led Activities NSTS+	3 <u>Activities:</u> Project Ready Success Coach led Activities Movement Day at AIM	4 <u>Activities:</u> Project Ready Tidewater Wooden Boat Workshop NSTS Chess Club Success Coach led Activities NSTS+	5 <u>Activities:</u> Hair Braiding Success Coach led Activities
8 <u>Activities:</u> Project Ready Success Coach led Activities	9 <u>Activities:</u> Project Ready Success Coach led Activities NSTS+ field trip to Virginia Museum of Contemporary Art (MOCA)	10 <u>Activities:</u> Project Ready Success Coach led Activities	11 <u>Activities:</u> Project Ready Tidewater Wooden Boat Workshop NSTS Chess Club Success Coach led Activities NSTS+	12 NPS Teacher Workday/ No NSTS After School Program
15 <u>Activities:</u> Project Ready Success Coach led Activities	16 <u>Activities:</u> Project Ready Success Coach led Activities NSTS+	17 <u>Activities:</u> Project Ready Success Coach led Activities	18 <u>Activities:</u> Project Ready Success Coach led Activities NSTS+	19 <u>Activities:</u> Hair Braiding Success Coach led Activities
22 <u>Activities:</u> Project Ready Success Coach led Activities	23 <u>Activities:</u> Project Ready Success Coach led Activities NSTS+	24 <u>Activities:</u> NSTS Stepping Up Ceremony	25 <u>Activities:</u> NSTS Stepping Up Ceremony *Last Day of NSTS After School Program*	26
29 Memorial Day Observed/ NSTS Office Closed	30	31	<p align="center"><b>Weekends and Special Events</b></p> <p><b>Friday, May 12, 2023:</b> Project Kuponya Showcase at St. Patrick Catholic School</p> <p><b>Wednesday, May 24, 2023 &amp; Thursday, May 25, 2023:</b> Two Stepping Up Ceremonies will occur in order to accommodate all families. Reach out to NSTS staff for clarification of which ceremony your child must attend.</p> <p align="center">AIM = The Aviation Institute of Maintenance</p>	

