

## **Cumberland Mountain Community Services Announces “SWVA Community Connections” event series for May Mental Health Awareness Month**

### *Exploring Local Opportunities for Promoting Mental Wellness*

CEDAR BLUFF, VA Since 1949, Mental Health Awareness Month has been observed across the US to promote wellness, educate communities, reduce stigma, and bring attention to the millions of people affected by mental illness. In observance of Mental Health Awareness Month, Cumberland Mountain Community Services and its community partners in Buchanan, Russell, and Tazewell Counties are excited to announce “SWVA Community Connections,” a series of events throughout the month of May to identify and explore local opportunities for promoting mental wellness through:

- Social Connection
- Outdoor Natural Recreation
- Nutrition & Healthy Living

All events are completely free and open to everyone. At each event, a prevention staff member will be available to connect participants to mental health resources and offer information on services provided by Cumberland Mountain Community Services.

#### **Social Connection Events:**

- Chill & Chat Popsicle Socials:
  - May 1, 11 am - 3 pm, Mud Pig Day Celebration, Bluefield University, 3000 College Dr, Bluefield, VA
  - May 21, 12-2 pm, Tazewell Square Apartments, 504 Dogwood Rd, Tazewell, VA
  - May 21, 2:30-4:30 pm, Fairfax Court Apartments, 221 Fairfax Avenue, Richlands, VA
  - May 22, 3-5 pm, Fox Meadows Apartments, 35 Fox Meadow Dr, Lebanon, VA
  - May 29, 5:30-7:30 pm, The Connection, 10249 Hurley Road, Hurley, VA
- 80's Music Trivia Night for Mental Health Awareness Month, May 22, 6:30-8 pm, The Russell Theater, 112 W Main St, Lebanon, VA
- Fishing for Good Mental Health, June 7, 10 am – 3 pm, Patterson Volunteer Fire Department, 1108 Patterson Rd, Oakwood, VA

#### **Outdoor Natural Recreation Events:**

- May 12, 10 am – 12 pm, Cavitt's Creek Park Guided Forest Therapy with Tina Hayes, 750 Recreation Dr, North Tazewell, VA
- May 18, 3-5 pm, Kayak the Clinch, Clinch Life Outfitters, 3022 5th Ave, St. Paul, VA,
  - Register at <https://MHAMClinchKayak2025.eventbrite.com>

#### **Nutrition & Healthy Living:**

- May 15, 10 am – 12 pm, Food Demonstration & Nutrition Talk with VDH's LeeAnn Brooks & Oak Grove Seniors Group, Oak Grove Community Center, 10241 Moccasin Valley Rd, Lebanon, VA 24266

The full schedule of events, additional information about Mental Health Awareness Month, and resources can be found at [www.CMCSB.com/MHAM](http://www.CMCSB.com/MHAM). Contact [prevention@cmcsb.com](mailto:prevention@cmcsb.com) with any questions.

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## **Other Community Events in May that Support Mental Health**

“SWVA Connections” will also highlight events already organized by a few local organizations in the Cumberland Plateau region that can help strengthen mental health and overall wellness. We encourage Buchanan, Russell & Tazewell County residents to attend these events, support the community organizations, and explore other opportunities for wellness in the month of May:

### **Lebanon Farmers Market**

- Saturdays, 8 am – 1 pm, Wednesdays, 9 am – 2 pm, 137 Highland Dr, Lebanon, VA

### **Tazewell Farmers Market**

- Saturdays, 9 am – 1 pm, 2330 Fincastle Turnpike, Tazewell, VA

### **Virginia Cooperative Extension**

- Find events at <https://russell.ext.vt.edu/> & <https://tazewell.ext.vt.edu/>

### **Russell County Public Library**

May 16 @ 3:00 PM-Crochet with Sandy, Honaker Community Library

May 28 12:00 PM- 2:00 PM-Clinch Valley Conservation

Lots of helpful information involving conservation efforts with rain barrels. Honaker Community Library

### **Tazewell County Public Library**

Every Friday in May, 10:00 PM-12:00 PM Tazewell Library

Join us for talking, laughing, and fun at the Friday Morning Social. There will be coloring sheets, puzzles, and coffee for you.

May 9, 10:30 am - 11:00 am Mini Music Bluefield Library

Join us for a preschool age introduction to music and movement. We will dance, sing, play musical instruments, learn rhythm, have snowballs fights, and play with the parachute. This is a free event from birth to 5 years old.

May 21, 3:30 PM- 4:30 PM Kid's Gardening Program Tazewell Library

Join the Master Gardeners for the Kids Garden Program, Wednesdays in Tazewell. Learn about plants and gardening and get hands-on experience. Space is limited so please sign up.

## Buchanan County Public Library

May 24, 11:00 AM-12:00 PM Comic Book Club Buchanan County Library Conference Room

Join BCPL's Comic Book Club as we discuss ThunderCats Vol. 1 Omen by Declan Shalvey.

## Mental Health Awareness Month May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Bluefield Popsicle Social	2 Cleveland Narcan Training	3
4	5 Castlewood Narcan Training	6	7	8	9 Buch. Co. Mtn. Movers	10
11	12 Forest Therapy Walk	13	14	15 Nutrition & Food Demo	16	17
18 Kayak the Clinch	19	20	21 Tazewell Richlands Popsicle Socials	22 Fox Meadow Popsicle Social & 80's Music Trivia	23	24
25	26	27	28	29 Hurley Popsicle Social	30	31

June 7  
Oakwood Fishing Day

## SWVA Community Connections



May 1, 11 am - 3 pm, Chill & Chat Popsicle Social, Bluefield University Mud Pig Day

May 2, 9 am - 2 pm, Community Narcan Training, Cleveland Lifesaving Building

May 5, 9 am - 2 pm, Community Narcan Training, Castlewood New Life Medicine

May 9, 12-1:30 pm, Buchanan County Mountain Movers meeting, Vansant Food City

May 12, 10 am, Forest Therapy Walk at Cavitt's Creek Park, North Tazewell

May 15, 10 am, Food Demo & Nutrition Talk w/ VDH, Oak Grove Community Center

May 18, 3-6 pm, Kayaking with Clinch Life Outfitters, St. Paul, Registration Required

May 21, Chill & Chat Popsicle Socials, Tazewell Square, 12-2 pm, Richlands Fairfax Ct, 2:30-4:30

May 22, 3-5 pm, Chill & Chat Popsicle Social, Fox Meadow Apts, Lebanon

May 22, 6:30-8 pm, 80's Music Trivia Night for MHAM at The Russell Theater, Lebanon

May 29, 5:30-7:30 pm, Chill & Chat Popsicle Social, The Connection Church, Hurley

June 7, 10 am - 3 pm, Fishing for Good Mental Health, Patterson Fire Dept., Oakwood, VA

See Full Schedule of Free Events at [CMCSB.com/MHAM](https://CMCSB.com/MHAM)

Cumberland Mountain Community Services Board

MAY IS MENTAL HEALTH AWARENESS MONTH!

### Chill & Chat Popsicle Socials

May 21, 12-2 pm, Tazewell Square Apartments, 504 Dogwood Rd, Tazewell

May 21, 2:30-4:30 pm, Fairfax Court Apartments, 221 Fairfax Avenue, Richlands

May 22, 3:30-5:30 pm, Fox Meadows Apartments, 35 Fox Meadow Dr, Lebanon

### 80's MUSIC

### THURSDAY NIGHT TRIVIA

THURSDAY, MAY 22ND  
AT 6:30PM  
AT THE RUSSELL THEATRE

MENTAL HEALTH AWARENESS MONTH

Cumberland Mountain Community Services Board

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MAY IS MENTAL HEALTH AWARENESS MONTH!

### Chill & Chat Popsicle Socials

Bluefield University  
Mud Pig Day  
May 1, 11 am-3 pm

## Free Food Demonstration and Nutrition Talk May 15 - 10:00 am



Oak Grove Community  
Center  
10241 Moccasin Valley  
Road  
Lebanon, VA 24266



**Explore the connection between  
nutrition and mental health.**

**Eating healthy is easier  
than you may realize.**

What we eat affects us mentally.  
Join us for real talk on how to  
maintain a healthy lifestyle, led  
by VDH nutritionist LeeAnn  
Brooks.



VDH

## FOREST THERAPY WALK

**MAY 12, 2025 10AM-12PM**

To celebrate Mental Health  
Awareness month, we are  
offering a relaxing hike made to  
calm the mind. Led by Certified  
Forest Therapy Guide Tina  
Hayes.

CAVITT'S CREEK  
PARK  
750 RECREATION  
DR, NORTH  
TAZEWELL, VA


ADMISSION IS FREE

ONE-1 PREVENTION/OUTDOOR CENTER  
NORFOLK, VIRGINIA, VA

SPONSORED BY



NEW LOCATION!



## FISHING

FOR GOOD MENTAL HEALTH

**Saturday**  
June 7, 2025  
10am-5pm Rain or Shine  
Water levels please refer to fish

**FREE ADMISSION AND  
FOOD FOR ALL AGES**

**Patterson Fire Dept**  
1108 Patterson Road  
Oakwood, VA  
For more info email:  
pattersonfire@comcast.net

May is Mental Health Awareness Month

Enjoy this free stocked  
trout fishing event as an  
opportunity to promote  
mental wellness!

**PRIZES WILL BE  
AWARDED FOR  
VARIOUS  
CATEGORIES**

Sponsored by Clinch and Mountain  
County, VA

## KAYAK the Clinch




May 18  
3-6 PM  
Clinch Life  
Outfitters  
St. Paul, VA

FREE kayak  
excursion on the  
Clinch River for  
the first 15  
people  
registered!



Sponsored by  
Pittsylvania Mountain  
Community Center

Register today at  
[https://mhamclinchkayak2025.ev  
enline.com](https://mhamclinchkayak2025.ev<br/>enline.com)