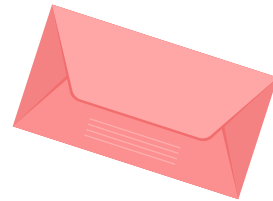


MAY1ers

for Mental Health



May 28, 2026 | 4:30 PM to 6:30 PM

Heart and Homes Northwest
6718 N. Pittsburg Street
Spokane, WA

Join us in creating cards for our community! At this event, we will come together to write messages of hope, overcoming difficulty, and resilience for those struggling with their mental health or having thoughts of suicide. Light refreshments will be provided, all ages are welcome.

There are several ways to participate! You are welcome to write cards with us at the event, drop off cards with messages already in them, or mail your cards to us. Once complete, these cards will be delivered to local hospitals for patients receiving care for their mental health, as well as youth, elder adults, active duty service members/veterans, and domestic violence survivors who are facing mental health challenges.

Some Pro Tips! Please do not seal your envelopes so organizations can ensure the message is appropriate for each recipient. If you are mailing in or dropping off your cards, please note who you had in mind when creating this card so we can ensure it is delivered to who you intended.

Register for the event: <https://www.zeffy.com/en-US/ticketing/may1ers-for-mental-health>



**Donate to the event
by purchasing from
our Amazon Wishlist**

