LET'S CATCH UP: May 2026



Parenting. Mental health. Community. You don’t have to figure it out alone.

May is Mental Health Awareness Month, and **CATCH** is creating spaces for families to learn, connect, and feel supported.

Throughout the month, we’ll be sharing programs and resources centered on our theme, **“Good Days, Built Together.”**

From educational programs and practical resources to conversations that remind families they are not alone, May is a chance to come together around what matters most: mental health, connection, and support.

See May Mental Health Programs

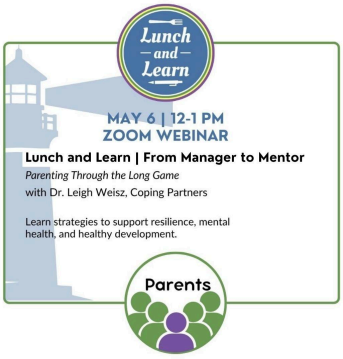
Scroll to be in the know

- Get your Zoom link for the May 6 Lunch and Learn
- See the participating organizations for the May 9 GBN LAX Game and Resource Fair
- Join us May 17 for Play at the Park
- Read our latest In Real Life blog post
- Watch Real Stories of Reset, a video short series created with Loyola University Chicago students

MENTAL HEALTH PROGRAMMING | MAY 2026

Mark Your Calendar: Free May Events

WED, MAY 6 | 12-1 PM	SAT, MAY 9 | 11AM-1 PM	SUN, MAY 17 | 3-4:30 PM
Lunch and Learn	**Awareness Game & Fair**	**Play at the Park**



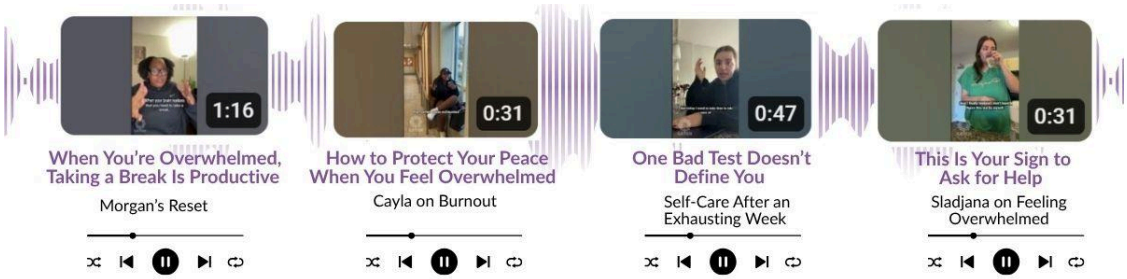




[View Lunch and Learn Flyer](#) [View LAX Game Flyer](#) [View Play at the Park Flyer](#)



Built Together | Real Stories of Reset and Support



In this year's Mental Health Awareness Month video series, Loyola University Chicago students share personal mental health reflections and practical reset tips. Find these video shorts on our social channels all month long, or watch the full series today.

Because "Built Together" we can share real stories of reset and support.
You are seen. You matter.

Watch the Series

GBN Mental Health Awareness Scholarship



We are honored to offer financial awards for the third year to GBN seniors who have made an impact in mental health awareness, advocacy, or support. We received more than 60 applications this year and will announce the award recipients at the GBN Awards ceremony on Friday, May 22.

EDUCATIONAL PROGRAMS

Lunch and Learn Webinar | Join Us on May 6

From Manager to Mentor | Parenting Through the Long Game



Wednesday, May 6
12-1pm
Webinar via Zoom
Featured Speaker: Dr. Leigh Weisz, PsyD

What you'll learn:

- How parenting can shift from managing behavior in the moment to mentoring children over time
- How to respond to everyday challenges with both compassion and perspective
- How to support your child's growth, mental health, and resilience

Get My Zoom Link

CATCH's educational series is supported in part by a grant from the Northbrook Woman's Club, helping us bring mental wellness education directly to our community.

REAL STORIES | REAL STRUGGLES | REAL STRENGTH

In Real Life: 4 Things I Wish Adults Knew About Teen Mental Health



In this powerful In Real Life blog post, a 13-year-old student shares four things she wishes adults understood about adolescent mental health. From creating emotional safety to offering comfort and being open to therapy, her perspective is honest, thoughtful, and important for parents and caregivers to hear.

Read In Real Life: 4 Things I Wish Adults Knew About Teen Mental Health

Read the Blog Post

CONNECT WITH PARENTS WHO GET IT



You're Not Alone. Find Your People.

Raising a child on a mental health journey can feel isolating, but you don't have to do it by yourself.

CATCH's Parents Connect groups bring caregivers together for honest conversation, shared understanding, and support from people who truly get it.

Parent support groups are available for:

- **Kids ages 6 to 13**
- **Teens ages 12 to 18**
- **Adult children ages 18+**
- **Eating disorders**

When we come together and support one another, we build a community that makes each day feel a little less heavy. **Get the support you deserve.**

You don't need to have the right words, just a willingness to show up.

Find My People

Let's Talk | One-on-One Support for Parents

Are your child's mental health struggles affecting you and your family? Are you wondering where to start?

Reach out and a **CATCH** volunteer will schedule a time to talk, meet for coffee, or take a walk. It's a chance to share what's going on and learn how **CATCH** can support you.

CATCH Conversations

Let's Talk

Looking for Professional Support?



CATCH is here to help you find a mental health provider.

Browse our provider list or send a confidential email to **CATCH,** and we will share names of trusted practices that may meet your needs.

Find Help

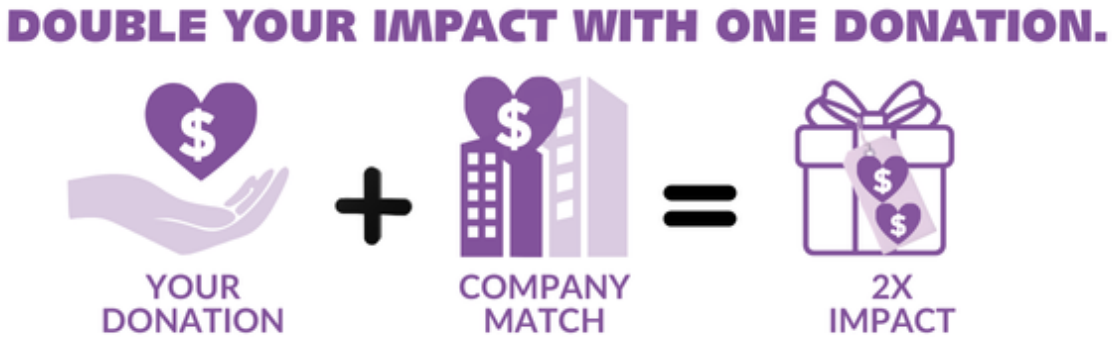
GIVE HOPE TODAY



Your support helps **CATCH** continue our mission to make it okay to not be okay. Ninety cents of every dollar donated enables **CATCH** to support local families, helping them prioritize mental wellness, so every child feels seen, supported, and safe.

Donate Now

Many employers offer matching gift programs, doubling the impact of your donation. Check with your company to see if they'll match your gift!



Read our 2025 Impact Report.

STAY CONNECTED WITH CATCH

Follow CATCH for more programs, resources, and community support:

FACEBOOK INSTAGRAM BLUESKY YOUTUBE

Explore more at catchiscommunity.org. Join our email list, volunteer, or support our work anytime.

***CATCH** is dedicated to making a difference in our community.*

CATCH is Community | PO Box 62 | Northbrook, IL 60062 US

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