

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
January is Mental Wellness Month		New Year's Day		International Mind-Body Wellness Day
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
Martin Luther King Jr. Day			Ask the Expert Maternal Health Awareness Day	
27	28	29	30	31
		Lunar New Year		

[NAMI Hearts and Minds](#)
[NAMI Walks](#)
[Hope Starts With Us, Episode 55](#)
 Running for Mental and Physical Health in the Black Community

[NAMI HelpLine](#)
 Knowledge Article: [Are there any mental health resources specifically for the African American/Black community?](#)
[Community Health Equity Alliance \(CHEA\)](#)

[Ask the Expert](#)
 Weight Gain as a Side Effect of Antipsychotic medication with Dr. Johnathan Meyer

[Asian American and Pacific Islander Resources](#)
[Hope Starts With Us, Episode 21](#)
 Asian American and Pacific Islander Mental Health

[Guide to Maternal & New Parent Mental Health](#)

Knowledge Article: [Are there any mental health resources specifically for the Asian American and Pacific Islander community?](#)