

Help **SMASH THE STIGMA** around mental health!

Acadia **HOPE** Day 2025

As part of **Mental Health Awareness Month**, Northern Light Acadia Hospital invites you and your whole family to celebrate the importance of positive mental health and connection!

Join us for a heartfelt afternoon filled with music, poetry, wellness activities, and powerful stories of hope.

The **Yellow Tulip Project** is dedicated to creating a brighter future for everyone, especially our youth, by embracing the reality of mental health challenges and fostering resilience, and we are proud to partner with them for this event. Don't miss this uplifting event where we come together to nurture our minds, hearts, and spirits.

We hope you'll join us.

Sunday, May 18 • 1 to 3 pm

Cascade Park

600 State Street, Bangor

 **Northern Light** SM Acadia Hospital

LEARN MORE:

theyellowtulipproject.org

instagram.com/theyellowtulipproject



northernlighthouse.org/acadia

