FOR IMMEDIATE RELEASE: 05/06/26

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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. Training opportunities will also be available throughout May in Adverse Childhood Experiences, Youth Mental Health First Aid, and Rapid REVIVE! Opioid Overdose and Naloxone Education program.

Social Connection Events:

- Chill & Chat Popsicle Socials: Free Ice Cream, Popsicles, & Mental Health Resources from the CMCSB Prevention Mobile Unit
    - May 14, 12:30 pm – 2 pm, New Life Medicine Castlewood, 18948 US Hwy 58, Castlewood, VA
    - May 14, 3 pm - 5 pm, Fox Meadows Apartments, 35 Fox Meadow Dr, Lebanon, VA
    - May 20, 11 am – 1 pm, Fairfax Court Apartments, 221 Fairfax Avenue, Richlands, VA
    - May 20, 1:30 pm – 3 pm; New Life Medicine Richlands, 2011 2nd St, Richlands, VA
- 2000's Music Trivia Night for Mental Health Awareness Month in partnership with The Russell Theater, May 28, 6:30 pm - 8 pm, The Russell Theater, 112 W Main St, Lebanon, VA
- Fishing for Good Mental Health, Free Stocked Trout Fishing event for all ages- no license required, Free food, prizes, & mental health resources, on Saturday, June 6, 10 am – 2 pm, Patterson Volunteer Fire Department, 1108 Patterson Rd, Oakwood, VA

Outdoor Natural Recreation Events:

- May 21, 10 am – 12 pm, Poplar Gap Park Guided Forest Therapy with Tina Hayes, Meet at Shelter by Stage, 1818 Fairgrounds Circle, Grundy, VA 24614
- May 17, 3 pm - 5 pm, Guided Kayak Tour of Lake Witten with Outdoor Adventure Center's Rick Barton, Meet at Cavitt's Creek Park Office, Space limited to 15 participants, 750 Recreation Dr, North Tazewell, VA 24630
    - Register at https://KayakLakeWitten.eventbrite.com

Nutrition & Healthy Living:

- May 28, 10 am – 12 pm, Food Demonstration & Nutrition Talk with VDH WIC Nutritionist LeeAnn Brooks & Oak Grove Seniors Group, Oak Grove Community Center, 10241 Moccasin Valley Rd, Lebanon, VA 24266

Training Opportunities

- May 22, 12 pm - 1:30 pm, Adverse Childhood Experiences training, Buchanan County Public Library, 1185 Poe Town Rd, Grundy, VA 24614
- May 29, 12:30 pm – 5 pm, Youth Mental Health First Aid training, Richlands Public Library, 102 Suffolk Ave, Richlands, VA 24641
- Training in Rapid REVIVE! Opioid Overdose and Naloxone Education. The program only takes 5 minutes, will be available at every event listed above, and includes a free box of naloxone.

The full schedule of events, additional information about Mental Health Awareness Month, and resources can be found at www.CMCSB.com/MHAM and LockandTalk.org/campaigns/May. Contact prevention@cmcsb.com with any questions.

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, 1615 Riverside Dr, North Tazewell, VA

Virginia Cooperative Extension

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

Russell County Public Library

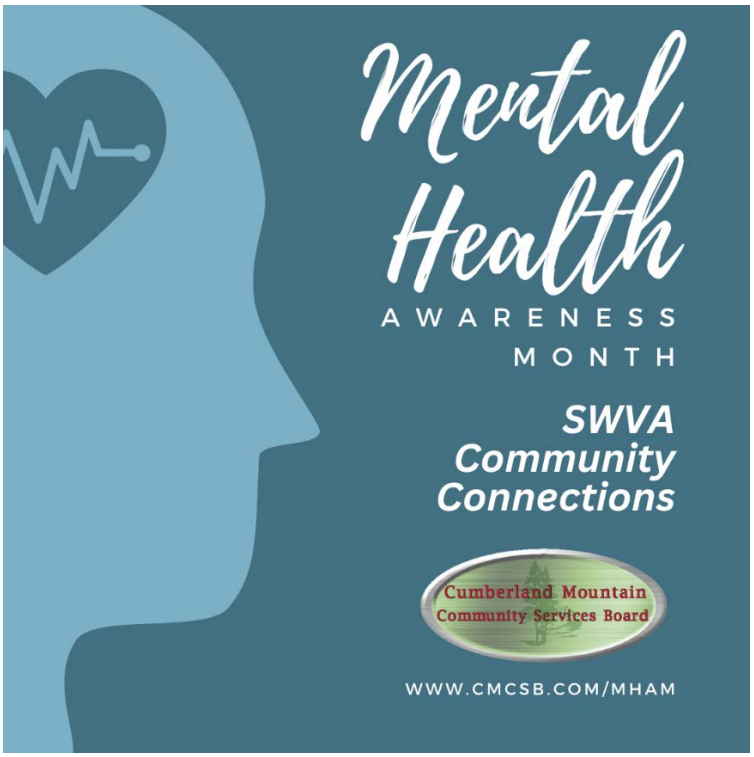
- Find events at https://russell.lib.va.us/calendar/

Tazewell County Public Library

- Find events at https://tcplweb.org/events/

Buchanan County Public Library

- Find events at https://bcplnet.org/calendar/



Mental Health Awareness Month
May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4	5	6	7	8	9
10	11	12	13	14 Castlewood & Fox Meadows Popsicle Socials	15	16
17 Kayak Lake Witten	18	19	20 Richlands Popsicle Socials	21 Forest Therapy Walk	22 ACE Training Grundy Library	23
24	25	26	27 Russell County Prevention Coaltion meeting	28 Oak Grove Food Demo & Trivia at The Russell	29 Youth MHFA Training	30
31	JUNE 1	JUNE 2	JUNE 3	JUNE 4	JUNE 5	JUNE 6 Patterson Fishing Day

SWVA Community Connections

Cumberland Mountain Community Services Board

May 14, 12:30-2 pm, Chill & Chat Popsicle Social, New Life Medicine Castlewood

May 14, 3-5 pm, Chill & Chat Popsicle Social, Fox Meadow Apts, Lebanon

May 17, 3-5 pm, Guided Kayak Tour of Lake Witten, North Tazewell, Registration Required

May 20, 11 am - 1 pm, Chill & Chat Popsicle Social, Richlands Fairfax Court Apts.

May 20, 1:30-3 pm, Chill & Chat Popsicle Social, New Life Medicine Richlands

May 21, 10 am - 12 pm, Forest Therapy Walk at Poplar Gap Park, Grundy

May 22, 12-1:30 pm, Adverse Childhood Experiences training, Grundy Library

May 27, 1 pm, Russell County Prevention Coalition meeting, Russell Co. DSS

May 28, 10 am, Food Demo & Nutrition Talk w/ VDH, Oak Grove Community Center

May 28, 6:30-8 pm, 2000's Music Triva Night for MHAM at The Russell Theater, Lebanon

June 6, 10 am - 2 pm, Fishing for Good Mental Health, Patterson Fire Dept., Oakwood, VA

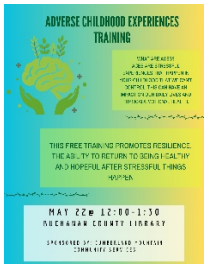
See Full Schedule of Free Events at CMCSB.com/MHAM

CHILL AND
CHAT AT FOX
MEADOWS
MAY 14 2PM-5PM

FREE, GUIDED
KAYAK
TOUR OF LAKE WITTEN
WITH RICK BARTON
MAY 17
3-5 PM
MEET AT CAVITT'S
CREEK PARK OFFICE
PLEASE
PRE-
REGISTER

CHILL AND
CHAT AT
FAIRFAX APTS
MAY 20 11AM-1PM

FOREST
THERAPY
WALK
MAY 21, 2026


ADVERSE CHILDHOOD EXPERIENCES
TRAINING
THIS FREE TRAINING PROMOTES RESILIENCE,
THE ABILITY TO RETURN TO BEING HEALTHY
AND HOPEFUL AFTER STRESSFUL THINGS
HAPPEN
MAY 22ND 12:00-1:30
MCCRACKEN COUNTY LIBRARY

2000'S
MUSIC
Trivia
Night
THURSDAY, MAY 28
6:30 PM
QUIZ . GAMES . FUN
PRIZES | MUSIC | GIVEAWAYS
Sponsored by: Cumberland
Mountain Community Services

Youth Mental Health First Aid

Cumberland MTN Community service and
Rainbow Trout Ministries invites you
FISHING
FOR
GOOD MENTAL HEALTH
SATURDAY
JUNE 6TH, 2026
10:00 AM - 2:00 PM
PATTERSON FIRE DEPT.
FUN FOR
ALL AGES
SUPPORT
MENTAL HEALTH
& WELLNESS
NO LICENSE
REQUIRED
FREE FOOD
& ACTIVITIES
Cast a line. Take a breath. Spend an afternoon.
NEW LIFE
MEDICINE
MTA