

MAY 2026

MENTAL HEALTH AWARENESS MONTH CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
ALL MONTH					1 	2
3	4	5 Intermountain Compensation & Benefits Association DONATION DRIVE	6	7	8	9 
10	11	12	13	14  KENDRA SCOTT	15  VOLUNTEER	16 
17	18 	19	20	21  Ebb & Flow a movement studio	22 	23 
24	25	26	27	28	29	30
31						



CHARITY PINBALL MACHINES!

All quarters played on two specialty pinball machines will be donated to our organization.

Visit the Downtown and Sugar House locations to find and play each machine!

All Month



IN-KIND DONATION DRIVES!

The East Salt Lake/Millcreek, South Jordan, and American Fork Goldfish Swim School locations will be collecting donations of high need items for our Family Store! New or gently used clothes, toys, books, and swim gear.

All Month



IN-KIND DONATION DRIVE

Corner Canyon High School's Peer Leadership Team will be collecting donations of high need items for our Family Store! Hygiene products, diapers, wipes, and essentials like socks and underwear.

1-18



SATURDAY, MAY 9
4:00 P.M. - 8:00 P.M.
5141 S State St, Murray, UT

9

CODE: JWCATVL

Dine-in or take-out

Order online via the Chipotle app or website and use code JWCATVL, or present our flyer in the restaurant and they will donate 25% of your bill!



THURSDAY, MAY 14
5:00 P.M. - 8:00 P.M.
50 S Main St, Salt Lake City, UT

14

CODE: GIVEBACK-LSGEO

In-store and online

Shop in-store during the giveback event or shop online 5/14-15 using code GIVEBACK-LSGEO at checkout and 20% of proceeds will be donated!



SATURDAY, MAY 16
8:30 A.M. - 9:30 A.M.
875 S 900 E, Salt Lake City, UT

16

SIGN UP COMING SOON

SAVE THE DATE

The Point Pilates and The Stockist are hosting a donation-based mat pilates class featuring a drawing for special prizes! All proceeds will be donated.



THURSDAY, MAY 21
6:30 P.M. - 7:30 P.M.
1989 S 1100 E, Salt Lake City, UT

21

SIGN UP COMING SOON

SAVE THE DATE

Ebb & Flow is hosting a donation-based yoga class on May 21. All proceeds will be donated. Open call for donations 5/17-23.



FRIDAY, MAY 22
ALL DAY
ALL locations nationwide!

22

CODE: 9014419

ORDER ONLINE

Place an online order for pick up using the Panda Express app or website and use code 9014419. We'll receive 28% of sales from orders that use this code!



SATURDAY, MAY 23
12:00 P.M. - 2:30 P.M.
King's English Bookshop
1511 S 1500 E, Salt Lake City, UT

23

bit.ly/lemonadeTCCU

Lemonade & Treats!

Stop in and enjoy a glass of refreshing lemonade and delicious, freshly baked cookies! Share the donation link far and wide! All proceeds will be donated.

Join us in May for events with local businesses to support our programs and services. Your participation helps a crucial cause and connects you with businesses making a difference. There's something for everyone!

Your support matters!

#SupportChildrensMentalHealth