

This program is brought to you by



Mental health is vital to our overall well-being, yet it is often overlooked or stigmatized. According to the National Institute of Mental Health, more than one in five people in the U.S. live with a mental illness. Join us as we observe **Mental Health Awareness Week** between **October 5-11, 2025**. Learn about mental health resources in Prince George's County and gain knowledge on how to take care of your mental well-being through **FREE workshops, trainings, and fitness classes**.

Sunday, October 5—Saturday, October 11

SELF-GUIDED MEDITATION STATIONS

Experience mindfulness in nature with our self-guided walking route that includes activities like deep breathing, gratitude, and meditation. You can complete the 9 stations along the route anytime during Mental Health Awareness Week to help promote mindfulness. Scan the QR codes along the route to enter into a drawing to win a mental wellness gift bag! No registration required. **FREE**

WATKINS REGIONAL PARK

301 Watkins Park Dr., Upper Marlboro 20774

LAKE ARTEMESIA TRAIL

8200 55th Ave., Berwyn Heights 20740

TUCKER ROAD ATHLETIC COMPLEX

1770 Tucker Rd., Fort Washington 20744

SOUTHERN AREA AQUATICS & RECREATION COMPLEX

13601 Missouri Ave., Brandywine 20613

FAIRLAND SPORTS & AQUATICS COMPLEX

13820 & 13950 Old Gunpowder Rd., Laurel 20707

FAIRWOOD COMMUNITY PARK

12390 Fairwood Pkwy., Bowie 20720

Sunday, October 5—Saturday, October 11

MINDFUL MOMENTS: DAILY MENTAL HEALTH REFLECTIONS

Take time for your mind with our Mindful Moments email subscription. Subscribe to this email list and receive daily mental health prompts straight to your inbox, designed to boost your emotional well-being, promote gratitude, and help you build lasting mental health habits. Complete the daily accountability form to be entered into a drawing to win a health & wellness prize!

Subscribe to the weekly email list here:

lp.constantcontactpages.com/s1/mystefX/mhaw2025

Or email us at wellness@pgparks.com to be added to the subscription list!

Monday, October 6, 6-7 pm

SOUND BOWL MEDITATION

Sound Meditation provides an opportunity to slow down and dive deeper into a state of relaxation to bring balance to your mental, physical, and spiritual health. The use of instruments such as crystal and Himalayan singing bowls, chimes, bells, gong, and voice blend together to invite the mind to a state of calm and the body to release held emotions and tension. All are welcome—no prior experience is needed. Simply bring a yoga mat or cushion for comfort and allow yourself to unwind in a peaceful, meditative space.

Ages 13 & up; **FREE**

Southern Area Aquatics & Recreation Complex

13601 Missouri Ave., Brandywine 20613

Ticket Code: SPD-SPEC-GA-20251006



Tuesday, October 7, 6-7 pm

THE MIND-GUT CONNECTION: PRE + PROBIOTICS NUTRITION WORKSHOP

Did you know your gut is called your second brain? Or that it's responsible for improving immunity? Get the inside scoop on the connection your gut has to your mind, pre and probiotics, how they keep your gut healthy, and what you should look for on your next shopping trip during this virtual nutrition workshop with a Giant nutritionist. Registration required.

All ages welcome; Virtual; FREE
Ticket Code: SPD-SPEC-GA-20251007

Wednesday, October 8, 5:45-6:45 pm

YOGA & GRATITUDE MEDITATION

Through gentle yoga flows and mindful breathing, we'll center our bodies and minds around the theme of gratitude. This session will include a guided reflection to help cultivate thankfulness and appreciation, both on and off the mat. All levels are welcome. Come ready to move, breathe, and leave feeling grounded and grateful.

Ages 13 & up; FREE
Watkins Regional Park
(located on the grass near the ballfields)
301 Watkins Park Dr., Upper Marlboro 20774
Ticket Code: SPD-SPEC-GA-20251008

Thursday, October 9, 6-7 pm

HOW TO HELP IN A CRISIS

Do you know the warning signs of a mental health crisis? Would you know how to help your child, friend, family member or colleague in a crisis? With 1 in 5 people in the U.S. experiencing a mental illness each year it is important to know what signs to look for and how to help in a crisis. This 60-minute training provides an overview of the warning signs that someone might need help, best practices for what to say and do in a crisis, and how to use 988 as a resource for yourself and others. Registration required.

All ages welcome; Virtual; FREE
Ticket Code: SPD-SPEC-GA-20251009

Saturday, October 11, 9 am-3 pm

MENTAL HEALTH FIRST AID TRAINING

Just as CPR helps you assist a person having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

In the Adult Mental Health First Aid course, you'll learn risk factors and warning signs for mental health and additional concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Registration required.

Ages 18 & up; FREE
*Registration closes 9/27/25.

Two hours of online pre-work must be completed prior to the in-person training.

Prince George's Sports & Learning Complex
8001 Sheriff Rd., Landover 20785
Activity Code: 20431-579A

Saturday, October 11, 2-3 pm

MINDFULNESS NATURE WALK: MIXED AGES

Looking to de-stress and find a place to relax and get away from the daily grind? Come join us at Clearwater Nature Center and level up your hiking with our Mindfulness Walks and Hikes. Under the guidance of a certified mindfulness meditation teacher, you will go on a journey that deepens your connection with the natural world.

Ages 2 & up; FREE
Clearwater Nature Center
11401 Thrift Rd., Clinton 20735
Activity Code: 22690-514B



To register, visit pgparksdirect.com and enter the ticket code in the search box. A link to the virtual session will be sent 24 hours prior to the virtual session.

For more information about programs and events, please visit pgparks.com/activities-events/health-wellness-programs or contact us at wellness@pgparks.com.

Connect with us!

@pgparks



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.

NOW HIRING in Aquatics!

Dip your toe into lifeguarding!

**Apply for a Lifeguard Position
with M-NCPPC today!**

Lifeguard positions start at \$18.96/hour and with experience you can earn up to \$21.96/hour; must be 15 or older.

*Slide Attendant: No certification required.
Starting at \$16.40/hour.*

*Shallow Water Lifeguard: Certification required.
Starting at \$17.63/hour*

**Need to get certified? M-NCPPC offers FREE
Lifeguard Training to prospective employees.***

Visit pgparksdirect.com to sign up for a Lifeguard Pre-Test (Activity Code 10603) for only \$10!

We offer Lifeguard Prep Swim Lessons (Activity Code 10602) for those who need to improve their swimming skills to help pass the Lifeguarding Pre-Test.

*If a participant takes a Department Lifeguarding class and does not pass, apply or get hired by M-NCPPC, they will have to pay the course fees.

M-NCPPC Pools Offer:

- Flexible work schedules
- Fun, team-focused working environment
- Year-round and summer jobs
- Advanced certification opportunities

Scan the QR Code for more information and to submit and online application. For additional questions regarding lifeguarding employment or lifeguarding courses email us at pg-aquatics@pgparks.com.

SCAN ME



Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this flyer/material.

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Grandes oportunidades de empleo en el área acuático

¡Solicite un puesto de salvavidas con M-NCPPC hoy!

Los puestos de salvavidas comienzan en \$18.96 por hora y con experiencia, puede ganar hasta \$21.96 por hora. Debe ser mayor de 15 años.

El puesto de asistente de toboganes de agua comienza en \$16.40 por hora y no se requiere certificación.

El puesto de salvavidas en aguas no profundas comienza en \$17.63 por hora y se requiere certificación.

¿Necesita obtener la certificación? M-NCPPC ofrece capacitación GRATIS sobre salvavidas a posibles empleados.*

¡Visite pgparksdirect.com para inscribirse en una prueba preliminar de salvavidas (código de actividad 10603) por solo \$10! Ofrecemos lecciones de natación de preparación para salvavidas (código de actividad 10602) para aquellos que necesitan mejorar sus habilidades de natación para ayudar a aprobar la prueba previa de salvavidas.

*Si un participante toma una clase de salvavidas del Departamento y no aprueba o solicita la clase, o no es contratado por M-NCPPC, tendrá que pagar la tarifa completa del curso.



M-NCPPC ofrece:

- Horarios de trabajo flexibles
- Un ambiente de trabajo divertido y centrado en el equipo
- Trabajos durante el verano y durante todo el año
- Oportunidades de certificación avanzada

SCAN ME



Escanee el código QR para obtener más información y enviar una solicitud en el internet. Si tiene preguntas adicionales sobre el empleo de salvavidas o los cursos de salvavidas, envíenos un correo electrónico a pg-aquatics@pgparks.com.

El Departamento de Parques y Recreación, Condado de Prince George's, fomenta y apoya la participación de individuos con discapacidades en sus programas. Para pedir y obtener asistencia especial, inscribese al menos 2 semanas antes de la fecha de comienzo del programa.

¡Conéctese con nosotros!

@pgparks



- El Departamento de Parques y Recreación fomenta y apoya la participación de individuos con discapacidades. Para pedir y obtener asistencia especial, inscribese al menos 2 semanas antes de la fecha de comienzo del programa.
- Para clientes sordos, con problemas de audición o discapacidades del habla, llamen a Maryland Relay al 1-800-877-1264 o 7-1-1.
- Hablamos su idioma. Pida asistencia en la recepción cuando nos llame o visite.