



Mental Health Awareness Month is a time to bring awareness to the importance of mental health, share our stories, and remind one another that we are not alone in our struggles.

Your story isn't "too much," your feelings aren't "too big," and you don't have to figure it all out alone. This month is about choosing honesty over silence.

#MentalHealthAwarenessMonth #MentalHealthMatters 

May Alumni Event - Contact Shawn to reserve your seats.



Spokane Valley
CONNECT
2026

MAY 15, 2026

12 PM - 4 PM

OPPORTUNITY PRESBYTERIAN CHURCH

202 N PINES RD

SPOKANE VALLEY, WA 99206


A **free** community services event designed to offer practical help to Spokane Valley families

Available Services Will Include:

- CHAS Medical Services
- DSHS Mobile Services
- Clothing Bank
- Food Bank
- Haircuts
- Free Meal and More!



SpokaneConnect.org 

spokanehomelessconnect 

Spokane Homeless Connect 

Art Meets Nature: A Live Theater Weekend in Leavenworth



Photo Credit: Heidi Svoboda and John Marshall

Art Meets Nature: A Live Theater Weekend in Leavenworth

Presented by Dangerous Women

This May, in a Leavenworth theater surrounded by wildflowers and pines, Dangerous Women will debut an original theatrical production titled [Common Ground](#). Bold, fun, and thoughtful, [Common Ground](#) explores how humanity has lived and can live with the natural world. The show features original scenes portraying women from the history of science, the pageantry of plants and animals, and some of the diverse belief systems that fuel our choices on Earth.



Photo Credit: Shelly Boyd

Nestled in the eastern foothills of the Cascade Mountains, [Leavenworth](#) offers an ideal backdrop for a spring getaway that blends art and nature. Plan your visit around [Common Ground](#) and enjoy a weekend exploring riverfront trails and charming downtown shops.



Photo Credit: Shelly Boyd

[Dangerous Women](#), a multicultural collective of mostly female artists and educators based in Central Washington, is emerging as one of the most innovative theater companies in the state. The diverse cast and crew range from fledgling artists to award-winning professionals. Art forms appearing on stage are rich and varied as well. Drama, dance, song, storytelling/drumming, spoken word, and more are used to immerse the audience in the fictional setting of Camp Trailblazer.

"Camp Trailblazer is a magical place where historic women of science like Marie Curie and Rachel Carson rub shoulders with dancing Monarch butterflies and Indigenous creation stories," says Director Rhona Baron. Other characters from history include the Sumerian priestess and astronomer En Heduanna and the Black environmental activist Hazel Johnson.

[Common Ground](#) opens Saturday, May 16, at Snowy Owl Theater on the campus of [Icicle Creek Center for the Arts](#). Catch a performance on May 16 at 2 p.m. or 7:30 p.m., or on Sunday, May 17, at 2 p.m. An audience "talk back" following each show allows ticket holders to comment and participate.

Purchase tickets at [icicle.org](https://www.icicle.org) or by calling 509-548-6347.

April Alumni Football game with Spokane Wolf Pack game



2026 ZOOM MEETING

PACIFIC SKY RECOVERY CENTER

Alumni Group



Join us in our weekly **virtual** alumni support group meetings every week on Tuesdays.

EVERY TUESDAY ON ZOOM

7:00 PM TO 8:00 PM

MEETING ID: 4017092896

PASSCODE: 347960



Pacific Sky
Recovery Center

102 W RHOADES AVE SPOKANE, WA
2370 130TH AVE NE BELLEVUE, WA

PACIFICKYRECOVERY.COM