SERVICE. EDUCATION. ENTERTAINMENT

Newsletter

THE BLUEST SPACE RETURNS JUNE FOR OUR YOUTH FILMMAKERS!

REGISTRATION IS OPEN!

May is. . .

Mental Health Awareness Month

At Moknowsbest, we believe emotional wellbeing is the foundation of a thriving life, especially for youth and families. In a world full of pressure and distraction, it's more important than ever to slow down, feel deeply, and prioritize mental wellness. That's why our programs at The Bluest Space center emotional expression, storytelling, and healing through the lens of filmmaking.

When young people are given space to process their feelings and share their stories, transformation happens, not just in them, but in their families and communities. This summer, we invite you to join us in making mental wellness a priority.

💙 Register now for our Summer 2025 Bluest Space Youth Film Session, a space for creativity, connection, and emotional growth.
Let's raise a generation that knows how to feel, heal, and tell their truth.
Use the link or QR code below to register by May 15, 2025

https://forms.office.com/r/VK0m2uxsHw

Curious about how your student can get involved? Reach out to us at info@moknowsbest.net

WE LOVE TO CONNECT!

SCHOLARSHIPS ARE AVAILABLE!

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Meet Monique Gill

Ms. Gill is a rising director and our lead instructor for the Bluest Space Youth Film Intensive.

Monique's visionary storytelling uplifts diverse voices and empowers youth through the art of filmmaking.

Check out her latest directorial works here and see how she's transforming stories into powerful experiences for youth!

checkout

Mental Wellness Events In Atlanta

Atlanta offers a vibrant array of activities dedicated to mental wellness. These events provide opportunities for individuals and families to prioritize their mental health and connect with supportive communities.

1. MHIO Mental Health Community Gathering

Saturday, May 10

Piedmont Park, Atlanta, GA

Participate in a community gathering focused on mental health awareness. Engage in activities, discussions, and connect with others committed to mental wellbeing.

2. Wellness by the Water: Sound Bath at GA Aquarium

Tuesday, May 13

Georgia Aquarium, Atlanta, GA

Experience a unique sound bath session led by a healing practitioner and Reiki Master. This event incorporates angelic healing sounds from quartz crystal bowls, promoting relaxation and stress reduction.

3. Uplift Leadership Summit 2025

Saturday, May 17

Impact Event Center, Atlanta, GA

Attend this summit aimed at empowering youth and community leaders through workshops and sessions on mental health, leadership, and personal development.