

## FOR IMMEDIATE RELEASE

### Minds Matter 2025: A Walk of Reflection, Celebration, and Connection

A fun, family-friendly, community gathering to honor mental health, uplift spirits, and spark meaningful conversations

Orland Park, IL — Orland Township Youth & Family Services invites you to join us for Minds Matter 2025, a deeply meaningful event that combines an inspiring walk with an evening of reflection, celebration, and connection. This event will be held on Thursday, May 15, 2025, at 14807 S. Ravinia Ave., Orland Park, beginning at 6:30 PM.

The heart of Minds Matter 2025 is a walk for mental health awareness, where participants will come together to raise awareness, support one another, and honor the journey toward mental wellness. As we walk, we will reflect on the importance of mental health, pay tribute to those affected, and walk side by side as a community dedicated to breaking the stigma surrounding mental illness.

Following the walk, the evening will continue with a lantern lighting ceremony, an emotional moment to commemorate loved ones who have been impacted by mental health challenges. The event will offer:

- Live music to inspire and energize
- Delicious food from local vendors like Heinie McCarthy's Chicken, Papa Joe's, Frankie's, and more
- Interactive booths offering self-care resources and wellness services
- Family-friendly fun in an inclusive, welcoming environment

Participants will have the chance to connect with mental health organizations, access support services, and build meaningful relationships with others who share a commitment to mental wellness.

Our community vendors on-site will include:

- Al-Anon Family Groups
- Arbonne International
- Brannigan Chiropractic Center
- Children on a Mission Life Coaching
- Cook County Sheriff's Office - Community Support Services
- Grace in Love Ministries
- Heart of Counseling & Wellness, PLLC
- Mosaic Counseling & Wellness
- Nave Wellness Center
- Orland Township
- Shatterproof
- The OCD & Anxiety Center
- The Thriving You

- Trinity Services – The Living Room
- And many more...

Tickets for the event are just \$15 and include access to the walk, food, live music, a lantern for the ceremony, and a beautiful forget-me-not plant to take home as a reminder of our shared commitment to mental wellness. Tickets can be purchased easily online at [orlandtownship.org/mindsmatter](http://orlandtownship.org/mindsmatter).

A portion of the proceeds will benefit NAMI (National Alliance on Mental Illness), supporting their vital work in mental health advocacy, education, and support.

Orland Township Supervisor Paul O'Grady shares, "Minds Matter is an opportunity for our community to come together in support of mental health, share our stories, and take a step toward healing. By attending, you're honoring those who have faced challenges and strengthening our community's commitment to mental well-being. It's a chance to connect with others, raise awareness, and contribute to a more compassionate and supportive environment for all."

Whether you're walking in honor of a loved one, seeking support, or simply standing in solidarity, your presence will make a difference. Let's unite as a community to shine a light on mental health and deepen the bonds that make us stronger together.

Want to get involved or contribute? Contact Gina at (708) 403-4222 or email [ginac@orlandtownship.org](mailto:ginac@orlandtownship.org).

Orland Township Youth & Family Services is dedicated to providing high-quality counseling services to individuals and families from all walks of life. Through personalized support, their mission is to help community members navigate life's challenges, improve mental health, and foster positive relationships. Services are available to people of all ages, backgrounds, and circumstances. For more information, please call (708) 403-4222 or visit the Orland Township office. For the latest news and updates, please visit [www.orlandtownship.org](http://www.orlandtownship.org).

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