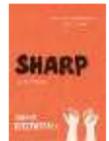


MAY

May is Mental Health Awareness Month! Free & public events in Southwestern CT

2015

<p>Friday, May 1-31 Laurel House Art Show DMHAS Commissioner's Gallery, Hartford</p>   <p>May 1, 12-2pm Mental Health Resource Table Norwalk Hospital, 5th Floor</p>	<p>Friday, May 1, 2pm Mental Health Movie Bridge House, Bridgeport</p> <p>Friday May 1, 6-11pm Keystone Mystery Gala Norwalk Inn & Conference Center</p>  	<p>Friday, May 1 & 15, 9am-2pm Mental Health First Aid (MHFA) Training for Greenwich Town Employees- Part 1 Greenwich Town Hall</p>  	<p>Saturday, May 2, 5:45-11:00pm Derby Dinner Dance & Fundraiser Woodway Country Club, Darien Register at: www.laurelhouse.net/contact.html</p> 	<p>Tuesday, May 5, 9am-12pm Auditions for Talent Show Greater Bridgeport Community Mental Health Center, 3rd floor May 5, 6-6:30pm Caring Network: Recognizing Your Child's Mental Health Needs Public Access Channel 88</p> 	<p>Wednesday, May 6, 8:30-10am Question, Persuade, Refer (QPR) Suicide Prevention Training for Senior Network Providers Waveny LifeCare Network, New Canaan</p>  	<p>Wed., May 6 & 13, 10:30am-4pm Mental Health First Aid (MHFA) Training-Part 1 Greenwich Hospital, Rye Brook, NY Call 203-863-4444 to register</p>  
<p>Wednesday, May 6, 7:30-9pm NAMI Speaker Meeting- David Fitzpatrick, Author of Sharp First Church Fairfield</p>  	<p>Thursday, May 7, 8:30am-12:30pm Symposium: An Autism Update St. Vincent's Behavioral Health, Westport</p> 	<p>Thursday, May 7, 9am-12pm Auditions for Talent Show Greater Bridgeport Comm. Mental Health Center, 3rd floor Thursday, May 7, 7-8:30pm Talk Back to Worry Wilton Congregational Church</p> 	<p>Friday, May 8, 12-4pm Hearing Voices Training Kennedy Employment Services, Trumbull</p>  <p>Friday, May 8, 2pm Mental Health Movie Bridge House, Bridgeport</p> 	<p>Tuesday, May 12, 11am-12pm Family Lecture Series: "Mental Health Wellness Toolkit" LifeBridge (LP room), Bridgeport Tuesday, May 12, 12:30-2pm Tools to Integrate Spirituality into Behavioral Healthcare HSC Community Services, Norwalk</p>	<p>Tuesday, May 12, 2pm CT Legal Rights Project Presentation on Advanced Directives Bridge House, Bridgeport</p> 	<p>Tuesday, May 12, 6-6:30pm Caring Network Film Series: Young Adults and the College Years Public Access Channel 88</p>  
<p>Wednesday, May 13, 10am-12pm P.U.S.H. Talent Show Greater Bridgeport Comm. Mental Health Center, 3rd Floor</p> <p>Wed., May 13, 10:30am- 4pm MHFA Training-Part 2 Greenwich Hospital, Rye Brook, NY</p>	<p>Thursday, May 14, All Day-Rain:5/21 Pathways Field Day 509 E. Putnam Ave, Greenwich</p> <p>Thursday, May 14, 7-8:30pm Apranda más acerca de la depresión... y qué hacer! Norwalk City Hall, Community Room</p>	<p>Thursday, May 14 & 21, 8:30am-2pm Mental Health First Aid for Faith-Based Leaders- Part 1 St. Philip Church School Hall, Norwalk To register, call 203-840-1187</p>  	<p>Thursday, May 14, 10am-2pm Interactive Public Art Project Stamford Government Center</p> <p>Thursday, May 14, 4-7pm Family & Friends Open House Bridge House, Bridgeport</p>	<p>Thursday, May 14, 7:30-9pm Self-Harming Behavior, Dr. Aguirre, McLean Hospital Greenwich Town Hall</p> 	<p>Wednesdays, May 15, 9am-2pm MHFA Training for Greenwich Town Employees- Part 2 Greenwich Town Hall</p>  	<p>Friday, May 15, 1-2pm Yoga Meets Behavioral Health Optimus Behavioral Health, Stamford</p> <p>Friday, May 15, 2pm Mental Health Movie Bridge House, Bridgeport</p>
<p>Saturday, May 16, 10am NAMI Walks Bushnell Park, Hartford Join or support Pathways and other local teams!</p>	<p>Saturday, May 16, 10am-2pm Health & Safety Fair Boys & Girls Club, Stamford</p> <p>Saturday, May 16, All Day Mental Health Awareness Stratford Library</p>	<p>Monday, May 18, 3-4:30pm Older Adult Behavioral Health Community Forum Stamford Senior Center</p> 	<p>Friday, May 18, 7-8:30pm Child and Teen Anxiety: When is it normal, when is it a problem? Norwalk Public Library</p>  	<p>Tuesday, May 19, 9am Legislative Breakfast Bridge House, Bridgeport</p> <p>Tuesday, May 19, 10am-2pm Interactive Public Art Project Ferguson Library, Stamford</p>	<p>Tuesday, May 19, 4-7pm Laurel House Family & Friends Open House Laurel House, Stamford</p> <p>Tuesday, May 19, 6pm Women in Recovery P.A. Channel 88</p> 	<p>Wednesday, May 20, 9am Annual 3-on-3 Basketball Tournament & Picnic Short Beach Park, Stratford</p>  
<p>Wednesday, May 20, 6-9pm 2015 Art of Wellbeing Register at www.mhact.org New Britain Museum of American Art</p>   	<p>Wednesday, May 20, 7-8:30pm The Role of Spirituality in Your Mental Wellness Norwalk Library</p> <p>Wednesday, May 20, 7:30-9pm NAMI Family Support Group First Church Fairfield</p>	<p>Thursday, May 21, 8:30am-2pm, MHFA Training for Faith-Based Leaders- Part 2 St. Philip Church School Hall, Norwalk</p>  	<p>Thursday, May 21, 10am-2pm Spring into Wellness Fair Burroughs Community Center, Bridgeport</p> <p>Thursday, May 21 Bring a Buddy Day Keystone House, Norwalk</p> 	<p>Thursday, May 21, 7-8:30pm NAMI Book Club Meeting: Sharp by David Fitzpatrick Jennings Room, Fairfield Main Library</p> <p>Friday, May 22, 2pm Mental Health Movie Bridge House, Bridgeport</p> 	<p>Fri. May 22 & Sat. May 23, 8pm. Sun. May 24, 5pm w/ panel discussion "Next to Normal" Buy \$20 tickets at www.twoplankstheater.org United Methodist Church, Monroe</p> 	<p>Tuesday, May 26, 6-6:30pm Caring Network Film Series: Men and Depression Public Access Channel 88</p>  
<p>Wed., May 27, 10-11:30am Question, Persuade, Refer (QPR) Suicide Prevention Training Perkin Auditorium, Norwalk Hospital</p>  	<p>Wednesday, May 27, 4-6pm Mental Health & Wellness Dinner Day Street Community Health Center, Norwalk</p> 	<p>Thursday, May 28, 7-8:30pm (QPR) Suicide Prevention Training en español Perkin Auditorium, Norwalk Hospital</p>  	<p>Friday, May 29, 12-4pm Hearing Voices Training Contact Britt Bisson at 203-551-7418 to register. Kennedy Employment Services, Trumbull</p> 	<p>Friday, May 29, 2pm Mental Health Movie of the Week Bridge House, Bridgeport</p>	<p>Fri. May 29 & Sat. May 30, 8pm "Next to Normal" Buy \$20 tickets at www.twoplankstheater.org United Methodist Church, Monroe</p>	<p>Sunday, May 24, 5pm "Next to Normal" Buy \$20 tickets at www.twoplankstheater.org United Methodist Church, Monroe</p>



For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org