

# May is Mental Health Awareness Month!

## 2015 SCHEDULE OF FREE PUBLIC EVENTS IN SOUTHWESTERN CT

Calendar coordinated & disseminated by Southwest Regional Mental Health Board, Norwalk, CT

Date & Time	EVENT (details at <a href="http://HealthyMindsCT.org">HealthyMindsCT.org</a> )	Location
Fri. May 1-31	<b>Laurel House Art Show</b> Work created in the Writers' and Artists' Workshop  Sponsored by Laurel House	DMHAS Commissioner's Gallery 410 Capitol Avenue Hartford
Fri. May 1 12-2 pm	<b>Mental Health Resource Table</b>  Sponsored by Norwalk Hospital Dept. of Psychiatry	Norwalk Hospital 5 <sup>th</sup> floor/café 34 Maple Street Norwalk
Fri. May 1 2pm	<b>Mental Health Movie of the Week</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
Fri. May 1 6-11pm	<b>Keystone Mystery Gala</b> A night of fun and mystery with keynote by individuals with the lived experience of a mental illness. Contact 203-965-7818.  A fundraiser to benefit Keystone House	Norwalk Inn & Conference Center Norwalk
Fri. May 1 9am-2pm	<b>Mental Health First Aid (MHFA) Training for Greenwich Town Employees - Part 1</b> A 2-day certification course - Part 2 on May 15  Sponsored by Town of Greenwich	Town Hall 101 Field Point Rd Greenwich
Sat. May 2 5:45-11:00pm	<b>Laurel House Derby Dinner Dance</b> Register at <a href="http://www.laurelhouse.net/contact.html">www.laurelhouse.net/contact.html</a>  A fundraiser to benefit Laurel House	Woodway Country Club 540 Hoyt St Darien
Tue. May 5 9am-12pm	<b>Auditions for Talent Show</b>  Sponsored by P.U.S.H. Greater Bridgeport Community Mental Health	Greater Bridgeport Community Mental Health Center / 3rd Fl. caf 1635 Central Ave. Bridgeport
Tues. May 5 6-6:30pm	<b>Caring Network Film Series: Recognizing Your Child's Mental Health Needs</b>  Sponsored by Southwest Regional Mental Health Board	Public Access Channel 88
Wed. May 6 8:30-10am	<b>Question, Persuade, Refer (QPR) Suicide Prevention Training for Senior Network Providers</b>  Hosted by Waveny. Training provided by Communities 4 Action and Southwest Regional Mental Health Board	Waveny LifeCare Network 3 Farm Rd New Canaan
Wed. May 6 10:30am-4pm	<b>Mental Health First Aid (MHFA) Training – Part 1</b> A 2-day certification course - Part 2 on May 13 Free and open to the public. Call 203-863-4444 to register  Sponsored by Greenwich Hospital	Greenwich Hospital 900 King Street, 1 <sup>st</sup> Floor Rye Brook, NY
Wed. May 6 7:30-9pm	<b>NAMI Speaker Meeting - David Fitzpatrick, Author of Sharp</b> David shares his experience with mental illness and the importance of support in the healing process. His wife Amy discusses stigma and her experience as a supporter. Come discuss David's book at the Book Club meeting on May 21.  Sponsored by NAMI Fairfield	First Church Fairfield 148 Beach Road Fairfield

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Thu. May 7 8:30am-12:30	<b>Symposium: An Autism Update</b> Free and open to all. For more info call 203-227-1251  Sponsored by St. Vincent's Behavioral Health	St Vincent's Behavioral Health 47 Long Lots Road Westport
Thu. May 7 9am-12pm	<b>Auditions for Talent Show</b>  Sponsored by Greater Bridgeport Community Mental Health	Greater Bridgeport Community Mental Health / 3 <sup>rd</sup> fl. Cafeteria 1635 Central Ave. Bridgeport
Thu. May 7 7pm-8:30pm	<b>Dr. Susan Bauerfeld Presents: Talk Back to Worry</b>  Sponsored by Dr. Bauerfeld and Wilton Congregational Church	Wilton Congregational Church, 70 Ridgefield Road Wilton
Fri. May 8 12-4pm	<b>Hearing Voice Training</b> Participate in a unique training to experience what it's like to live with voices. Contact Britt Bisson at 203-551-7418 to register  Sponsored by Kennedy Employment Services	Kennedy Employment Services 2440 Reservoir Avenue Trumbull
Fri. May 8 2pm	<b>Mental Health Movie of the Week</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
Tue. May 12 11am-12pm	<b>Family Lecture series: "Mental Health Wellness Tool Kit"</b> Find out ways you can improve your coping skills.  Sponsored by LifeBridge Community Services	LifeBridge (LP room) 475 Clinton Avenue Bridgeport
Tue. May 12 12:30-2pm	<b>Tools to Integrate Spirituality into Behavioral Healthcare:</b> A Brown Bag Lunch & Learn from Providers  Sponsored by Southwest Regional Mental Health Board	HSC Community Services 1 Park Street 2nd fl. Norwalk
Tue. May 12 2pm	<b>CT Legal Rights Project Presentation on Advanced Directives</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
Tues. May 12 6-6:30pm	<b>Caring Network Film Series: Young Adults and the College Years</b>  Sponsored by Southwest Regional Mental Health Board	Public Access Channel 88
Wed. May 13 10am-12pm	<b>P.U.S.H. Talent Show</b>  Sponsored by Greater Bridgeport Community Mental Health	Greater Bridgeport Community Mental Health/ 3rd fl. Cafeteria 1635 Central Ave Bridgeport
Wed. May 13 10:30am-4pm	<b>Mental Health First Aid (MHFA) Training - Part 2</b> Free and open to the public call 203-863-4444 to register  Sponsored by Greenwich Hospital	Greenwich Hospital 900 King Street, 1st Floor Rye Brook, NY
Thu. May 14 All day	<b>Pathways Field Day</b> Healthy picnic lunch & outdoor activities. Rain date May 21.  Sponsored by Pathways	Pathways 509 East Putnam Ave Greenwich
Thu. May 14 8:30am-2pm	<b>Mental Health First Aid for Faith-Based Leaders, Part 1</b> To register, email <a href="mailto:info@swrmhb.org">info@swrmhb.org</a> or call 203-840-1187 (Part 2 on May 21)  Sponsored by Southwest Regional Mental Health Board and the American Foundation of Suicide Prevention	St. Philip Church School Hall 25 France St. Norwalk

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Thu. May 14 10am-2pm	<b>Interactive Public Art Project</b> Share your thoughts & feelings about mental health on a canvas to be written and illustrated by the public. A staffed resource table will be available.  Sponsored by FS Dubois Center and Catchment Area Council 1&2	Government Center 888 Washington Blvd. Stamford
Thu. May 14 4-7pm	<b>Family and Friends Open House</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
May 14 7-8:30pm	<b>Aprenda más acerca de la depresión: síntomas, cómo identificar señales, y qué hacer al respecto!</b>  Presentado por LULAC (League of United Latin American Citizens) y Mid-Fairfield Child Guidance.	City Hall, Community Room 125 East Avenue, Norwalk
Thu. May 14 7:30-9pm	<b>Self-Harming Behavior, presented by Dr. Blaise Aguirre from McLean Hospital, Boston</b>  Sponsored by NAMI Southwestern CT	Greenwich Town Hall 101 Field Point Road Greenwich
Fri. May 15 9am-2pm	<b>MHFA Training for Greenwich Town Employees - Part 2</b>  Sponsored by Town of Greenwich	Town Hall 101 Field Point Rd Greenwich
Fri. May 15 1-2pm	<b>Yoga Meets Behavioral Health</b> Learn new ways to deal with anxiety & depression  Sponsored by Optimus Healthcare	Optimus Behavioral Health 1351 Washington Blvd. 1 <sup>st</sup> fl. Stamford
Fri. May 15 2pm	<b>Mental Health Movie of the Week</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
Sat. May 16 10am	<b>NAMI Walks</b> The annual walk to raise awareness & funds for NAMI, Pathways and other local teams will participate.  Sponsored by NAMI-CT	Bushnell Park In front of State Capital Hartford
Sat. May 16 10am-2pm	<b>Health &amp; Safety Fair</b>  Sponsored by The Boys and Girls Club	Boys & Girls Club 347 Stillwater Ave Stamford
Sat. May 16 All day	<b>Mental Health Awareness event</b>  Co-Sponsored by the Library and Stratford Community Services	Stratford Library Stratford
Mon. May 18 3-4:30pm	<b>Older Adult Behavioral Health Community Forum</b>  Sponsored by the Department of Mental Health and Addiction Services	Stamford Senior Center 888 Washington Blvd. Stamford
Mon. May 18 7-8:30pm	<b>Child and Teen Anxiety: When is it normal, when is it a problem?</b> Presented by Dr. Aaron Krasner, adolescent psychiatrist, and Tracey Masella, LCSW, of Silver Hill Hospital  Sponsored by Southwest Regional Mental Health Board	Norwalk Public Library 1 Belden Ave. Norwalk
Tue. May 19 9am	<b>Legislative Breakfast</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
Tue. May 19 10am-2pm	<b>Interactive Public Art Project</b> Share your thoughts & feelings about mental health on a canvas to be written and illustrated by the public. A staffed resource table will be available.  Sponsored by FS Dubois Center and Catchment Area Council 1&2	Ferguson Library 96 Broad St Stamford

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Tue. May 19 4-7pm	<b>Laurel House Family and Friends Open House</b>  Sponsored by Laurel House	Laurel House Resource Center, 1616 Washington Boulevard Stamford
Tues. May 19 6pm	<b>Caring Network Film Series: Woman in Recovery</b>  Sponsored by Southwest Regional Mental Health Board	Public Access Channel 88
Wed. May 20 9am	<b>Annual Basketball Tournament &amp; Picnic</b>  Sponsored by P.U.S.H. Program Southwest Connecticut Mental Health System	Short Beach Park 99 Dorne Dr. Stratford
Wed. May 20 6pm-9pm	<b>2015 Art of Wellbeing</b> Register at <a href="http://www.mhact.org">www.mhact.org</a> or Jacquilyn Davis at 860-529-1970 Featuring Paul Gionfriddo, President & CEO of Mental Health America, former State Rep and Mayor of Middletown, CT, and author of <i>Losing Tim: How Our Health &amp; Education Systems Failed My Son with Schizophrenia</i> .  Co-sponsors: Silver Hill Hosp., TD Bank, Hartford Hosp., Philadelphia Insurance	New Britain Museum of American Art 56 Lexington Street New Britain
Wed. May 20 7-8:30pm	<b>The Role of Spirituality in Your Mental Wellness</b> Rev. Debra Slade, Director of Spiritual Care, Norwalk Hospital  Sponsored by Southwest Regional Mental Health Board	Norwalk Library 1 Belden Avenue Norwalk
Wed. May 20 7:30-9pm	<b>NAMI Family Support Group Meeting</b>  Sponsored by NAMI Fairfield	First Church Fairfield 148 Beach Road Fairfield
Thu. May 21 8:30am-2pm	<b>Mental Health First Aid Training for Faith-Based Leaders</b> To register, email <a href="mailto:info@swrmhb.org">info@swrmhb.org</a> or call 203-840-1187  Sponsored by Southwest Regional Mental Health Board and The American Foundation for Suicide Prevention	St. Philip Church School Hall 25 France St. Norwalk
Thu. May 21 10am-2pm	<b>Spring into Wellness Fair</b> Activities based on the 8 Dimensions of Wellness: social, emotional, intellectual, physical, financial, occupational, environmental, spiritual. Join us for activities from art through yoga, healthy snacks, and more!  Sponsored by Bridge House, RYASAP, Southwestern CT Mental Health System, and Southwest Regional Mental Health Board	Burroughs Community Center 2470 Fairfield Ave. Bridgeport
Thu. May 21	<b>Bring a Buddy Day</b> Keystone will welcome friends and family for a day at the psychosocial program.  Sponsored by Keystone House	Keystone House 147 Main Avenue Norwalk
Thu. May 21 7-8:30pm	<b>NAMI Book Club Meeting: <i>Sharp</i> by David Fitzpatrick</b> Meet the author at the NAMI Speaker meeting on May 6.  Sponsored by NAMI Fairfield	Jennings Room Fairfield Main Library Fairfield
Fri. May 22 2pm	<b>Mental Health Movie of the Week</b>  Sponsored by Bridge House	Bridge House 880 Fairfield Ave Bridgeport
Fri. May 22 8pm	<b>"Next to Normal,"</b> the Tony award and Pulitzer Prize winning musical about a mother's struggles with bipolar disorder, presented by Two Planks Theater Company – Opening Night - \$20 tickets at <a href="http://www.twoplankstheater.org">www.twoplankstheater.org</a>  Sponsored by United Methodist Church	United Methodist Church 515 Cutlers Farm Road Monroe

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Sat. May 23 8pm	<p><b>"Next to Normal,"</b> the Tony award and Pulitzer Prize winning musical about a mother's struggles with bipolar disorder, presented by Two Planks Theater Company - \$20 tickets at <a href="http://www.twoplankstheater.org">www.twoplankstheater.org</a></p> <p>Sponsored by United Methodist Church</p>	United Methodist Church 515 Cutlers Farm Road Monroe
Sun. May 24 5pm	<p><b>"Next to Normal,"</b> the Tony award and Pulitzer Prize winning musical about a mother's struggles with bipolar disorder, presented by Two Planks Theater Company - Special <b>Panel Discussion and Resource Fair</b> following the show - \$20 tickets available at <a href="http://www.twoplankstheater.org">www.twoplankstheater.org</a></p> <p>Sponsored by United Methodist Church</p>	United Methodist Church 515 Cutlers Farm Road Monroe
Tues. May 26 6-6:30pm	<p><b>Caring Network Film Series: Men and Depression</b></p> <p>Sponsored by Southwest Regional Mental Health Board</p>	Public Access Channel 88
Wed. May 27 10-11:30am	<p><b>Question, Persuade, Refer (QPR) Suicide Prevention Training</b></p> <p>Training provided by Southwest Regional Mental Health Board</p> <p>Sponsored by SWRMHB and Norwalk Hospital</p>	Perkin Auditorium Norwalk Hospital 34 Maple Street Norwalk
Wed. May 27 4-6pm	<p><b>Mental Health &amp; Wellness Dinner</b></p> <p>Open to the public. Fun, engaging wellness activities, such as mindfulness and relaxation exercises. Group activities for kids. Dinner will be served.</p> <p>Sponsored by Community Health Center, Inc.</p>	Community Health Center, Inc. 49 Day Street Norwalk
Thurs. May 28 7-8:30pm	<p><b>¡Haga una pregunta, salve una vida! Question, Persuade, Refer (QPR) Suicide Prevention Training en español</b></p> <p>Training provided by Southwest Regional Mental Health Board</p> <p>Sponsored by SWRMHB and Norwalk Hospital</p>	Perkin Auditorium Norwalk Hospital 34 Maple Street Norwalk
Fri. May 29 12-4pm	<p><b>Hearing Voice Training</b></p> <p>Participate in a unique training to experience what it's like to live with voices. Contact Britt Bisson at 203-551-7418 to register</p> <p>Sponsored by Kennedy Employment Services</p>	Kennedy Employment Services 2440 Reservoir Avenue Trumbull
Fri. May 29 2pm	<p><b>Mental Health Movie of the Week</b></p> <p>Sponsored by Bridge House</p>	Bridge House 880 Fairfield Ave Bridgeport
Fri. May 29 8pm	<p><b>"Next to Normal,"</b> the Tony award and Pulitzer Prize winning musical about a mother's struggles with bipolar disorder, presented by Two Planks Theater Company - \$20 tickets available at <a href="http://www.twoplankstheater.org">www.twoplankstheater.org</a></p> <p>Sponsored by United Methodist Church</p>	United Methodist Church 515 Cutlers Farm Road Monroe
Sat. May 30 8pm	<p><b>"Next to Normal,"</b> the Tony award and Pulitzer Prize winning musical about a mother's struggles with bipolar disorder, presented by Two Planks Theater Company - \$20 tickets available at <a href="http://www.twoplankstheater.org">www.twoplankstheater.org</a></p> <p>Sponsored by United Methodist Church</p>	United Methodist Church 515 Cutlers Farm Road Monroe
Sun. May 31 5pm	<p><b>"Next to Normal,"</b> the Tony award and Pulitzer Prize winning musical about a mother's struggles with bipolar disorder, presented by Two Planks Theater Company - \$20 tickets available at <a href="http://www.twoplankstheater.org">www.twoplankstheater.org</a></p> <p>Sponsored by United Methodist Church</p>	United Methodist Church 515 Cutlers Farm Road Monroe