

MAY

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

2019

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| <p>Wednesday, May 1 Mental health and addiction education & information table by F5 Dubois 10am-2pm, UConn Stamford  PUSH Talent Show 1-3pm, Greater Bridgeport Community Mental Health Center Contact joanne.butler@ct.gov</p> | <p>The Art of Balance 7-8pm, New Canaan Historical Society Info/ RSVP: www.newcanaancares.org  "Prevention Starts with All: The Chris Herren Story" 7-8:30pm, Joel Barlow H.S., Redding \$15 at the door, \$10 online</p> | <p>Friday, May 3 Mental Health First Aid (MHFA) Training for Fire & EMS 8:30am-4:30pm, 581 N. Washington Avenue, Bridgeport \$100 RSVP to ladyroy@earthlink.net</p> | <p>Saturday, May 4 Fairfield County Walks for Mental Health Join us for the 3rd Annual Fairfield County Walks for Mental Health! 9-11am, Town Green, Norwalk Rsvp to info@thehubct.org </p> | <p>Learn about the Impact of Stress & Burnout on your Mental Health 8:30-11:45am, Harding High School, Bridgeport </p> | <p>Sunday, May 5 Self C.A.R.E.S.: Free Day of Wellness 12:30-4pm, 430 Coram Ave., Shelton </p> | <p>Monday, May 6 SAMHSA Webinar & Discussion: "Suicide Prevention: Strategies that Work" 3pm, 103 West Broad Street, Stamford </p> |
| <p>Tuesday, May 7 & 14 Mental Health First Aid (MHFA) 2 Day Training 5:30-9pm, 468 Birdseye, Stratford \$10 Stratford residents, \$35 non-residents Rsvp to 203-385-4085</p> | <p>Thursday, May 9 Book discussion: Turtles All the Way Down, John Green 7pm-8:30pm, Fairfield Public Library Details at www.namifairfield.org  Film: Like: The Impact of Social Media on Our Lives 7pm-8:30pm, Darien Playhouse TheLikemovie0507.eventbrite.com </p> | <p>Friday, May 10 Lunch & Learn: "4 What's Next" resilience curriculum 12-1pm, 1 Park St, Norwalk Rsvp to info@thehubct.org   Hearing Voices: Experiential Training 1-4pm, Kennedy Center, Trumbull Rsvp to 203-551-7418</p> | <p>Monday, May 13 Narcan Training 10-11:30am, Positive Directions, Westport   Education & Information table by F5 Dubois Center 10:30am-2pm, Ferguson Library, Stamford</p> | <p>Film: "Resilience: The Biology of Stress and the Science of Hope" 6:30-8pm, Edith Wheeler Memorial Library, Monroe Rsvp at http://www.ewml.org/events/ </p> | <p>Tuesday, May 14 Free Play Matters Task Force 10:30am-12pm, Comstock Community Center, Wilton   Youth Mental Health First Aid Training 14th & 16th, 9am-1pm, Joel Barlow HS, Redding. RSVP: mpieratti@er9.org</p> | <p>Wednesday, May 15  Consumer Training: Narcan 10:30am-12pm, Greater Bridgeport Community Health Center Contact joanne.butler@ct.gov</p> |
| <p>Thursday, May 16 "Question-Persuade-Refer" (QPR) suicide prevention training 12-2pm, 55 Chestnut St., Norwalk RSVP to dlewis@postivedirections.org </p> | <p>Haga la pregunta, salve una vida: Cómo prevenir el suicidio 12-2pm, 55 Chestnut St., Norwalk Programa para miembros del público. Inscríbese: 203-840-1187 (Margarita) </p> | <p>Bridge House Family & Friends Night – featured guest Dr. Larry Davidson 4-7pm, 880 Fairfield Ave, Bridgeport </p> | <p>Mental Health during the College Years: Recognizing Warning Signs & Getting Help 7:30-9pm, Greenwich Town Hall </p> | <p>Friday, May 17 Keeping the Focus on HOPE in Recovery: Understanding Recovery as Unique to Each Individual 11am-12pm, LifeBridge, Bridgeport </p> | <p>Saturday, May 18 Healthy Kids Community Celebration 12-2:30pm, 55 Chestnut Street, Norwalk  </p> | <p>Sunday, May 19 NAMI Walks: fundraising walk for mental health 9am sign in, Sherwood Island State Park, off I-95 exit 18, Westport Register or sponsor a walker at www.Namict.org </p> |
| <p>Monday, May 20 Book club discussion: What Made Maddy Run by Kate Fagan 7-8:30pm, Christ Church Parish Library, Greenwich RSVP to claudiadevita1123@gmail.com </p> | <p>Wednesday, May 22  Mindfulness Meditation & Relaxation Session 2-3pm. Lifebridge, Bridgeport</p> | <p>Annual 3 on 3 Basketball Tournament and Beach Picnic Basketball 9am-2pm; Picnic- 11am-2pm Short Beach Park, Stratford </p> | <p>Friday, May 24 BBQ & Social Gathering 4-6pm, 880 Fairfield Avenue, Bridgeport </p> | <p>Monday, May 27  Summer Fest 2019 6-10pm, Penfield Pavilion, Fairfield Beach </p> | <p>Monday, May 28 Screening & Discussion of feature film "Borderline" Perkin Auditorium, Norwalk Hospital 6:30-8:30pm  </p> | <p>Wednesday, May 30 Problem Gambling 101 10am-2pm, Norwalk City Hall  </p> |