


















May is Mental Health Awareness Month!

2019 SCHEDULE OF FREE PUBLIC EVENTS IN SOUTHWESTERN CT

Calendar coordinated by The Hub, the Behavioral Health Action Organization for Southwestern CT, a program of RYASAP.

Date & Time	Event Information	Location
Wed. 5/1 10am-2pm	 Mental health and addiction education and information table. Come chat with recovery support specialists who will answer your questions and give you information and resources. <i>Sponsored by FS Dubois Center / DMHAS</i>	U.Conn. Stamford campus
Wed. 5/1 1-3pm	 PUSH Talent Show! An event that encourages consumers to come together in their community and socialize with peers. More info: Joanne, (203) 551-7549. <i>Sponsored by Southwest Community Mental Health System/ DMHAS</i>	GBCMHC, 1635 Central Ave., Bridgeport
Wed. 5/1 7-8pm	 The Art of Balance. Speaker Theresa Federici, LCSW, EdD, will help women explore the value of balance in their lives. Participants will walk away with ideas and tips on how to find balance and maintain it in your busy schedule. RSVP to newcanaancares.org/archives/4916 <i>Sponsored by New Canaan Cares & Young Women's League</i>	New Canaan Historical Society, 13 Oenoke Ridge, New Canaan
Wed. 5/1 7-8:30pm	 "Prevention Starts with All: The Chris Herren Story." Join former NBA player and addiction prevention advocate, Chris Herren , for an in-depth look at his recovery journey. From growing up in Fall River, MA to playing Division 1 basketball and in the NBA, he will take the audience on his journey from addiction to sobriety. \$15 at the door, \$10 online <i>Sponsored by Easton-Redding Community Care Coalition</i>	Joel Barlow High School, 100 Black Rock Turnpike, Redding
Fri. 5/3 8:30am-4:30pm	 Mental Health First Aid (MHFA) Training for Fire and EMS helps 1 st responders identify, understand and respond to signs of mental illness and substance use disorders. \$100 includes materials & refreshments. Details and register to Dawn Roy at ladyroy@earthlink.net .	Office of Emergency Management, 581 N. Washington Ave, Bridgeport
Sat. 5/4 9-11am	 3rd Annual Fairfield County Walks for Mental Health. Join mental health advocates for a fun walk to raise awareness about mental health and the many resources that are out there. Featuring Randy Kaye , author of <i>Ben Behind His Voices</i> . RSVPs encouraged: info@thehubct.org	Town Green (East Ave at Park Street), Norwalk
Sat. 5/4 8:30-11:45am	 Learn about the Impact of Stress & Burnout on Your Mental Health. Refreshments and raffle. <i>Sponsored by Bridgeport Hospital, City of Bridgeport, Bridgeport Public Schools, YMCA & NEMG Diversity & Inclusion Council</i>	Harding High School, 379 Bond Street, Bridgeport
Sun. 5/5 12:30-4pm	 Self C.A.R.E.S. Sunday: Free day of wellness. Yoga, meditation, reiki, massage, reflexology, acupressure, and more. <i>Sponsored by C.A.R.E.S. Foundation</i>	Echo House, 430 Coram Ave, Shelton











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Mon. 5/6 3pm	 “Suicide Prevention: Strategies that Work.” Join us on National Children’s Mental Health Awareness Day for SAMHSA’s nationwide conversation about the impact suicide has on children, youth, young adults, families and communities, and what each of us can do. Viewing of webinar & discussion. <i>Sponsored by Child Guidance of Southern CT</i>	103 West Broad Street, Stamford
Tue. 5/7 and 5/14, 5:30-9pm (Must attend both days)	 Mental Health First Aid (MHFA) Training. This internationally recognized course teaches the skills needed to help someone experiencing a mental health crisis. Registration required: Contact Marge at 203-385-4095 or mmariconda@townofstratford.com . \$10 Stratford residents, \$35 non-residents. <i>Sponsored by Town of Stratford Community Services and Partnership for Youth and Families</i>	Community Services, 468 Birdseye Street, Stratford
Thu. 5/9 7-8:30pm	 Book club discussion of <i>Turtles All the Way Down</i> , by John Green. Details at www.namifairfield.org <i>Sponsored by NAMI Fairfield</i>	Fairfield Library, 1080 Old Post Rd., Fairfield
Thu. 5/9 7-8:30pm	 LIKE: A documentary about the impact of social media on our lives. A documentary that explores the impact of social media on our lives and the impact of technology on our brains. Social media is a tool and social platforms are a place to connect, share and care... but is that what is really happening? Register at thelikemovie0507.eventbrite.com <i>Sponsored by Laurel House, The Darien Depot, Communities 4 Action</i>	Darien Playhouse, 1077 Post Rd., Darien
Fri. 5/10 12-1pm	 4 What’s Next: Lunch and Learn introducing the new 5-session coping skills curriculum developed by the Jordan Porco Foundation. Come find out how you can bring this program to the young people you work with. RSVP to info@thehubct.org <i>Sponsored by The Hub</i>	1 Park Street, Norwalk
Fri. 5/10 1-4pm	 Hearing Voices: An Experiential Training. Video and simulation using headphones and interactive exercises to allow participants to experience what it is like to hear voices. Note that the experience may be stressful or overwhelming for some. Free; reservations required: 203-551-7418. <i>Sponsored by The Kennedy Center</i>	The Kennedy Center, 2440 Reservoir Ave., Trumbull
Mon. 5/13 10:30am-2pm	 FS Dubois Center education & information table. We will offer information on mental health and addiction topics, as well as resources. <i>Sponsored by FS Dubois Center / DMHAS</i>	Ferguson Library, Stamford
Mon. 5/13 10-11:30am	 Narcan training. You can save someone from an opioid overdose! Learn about the opioid epidemic and how to reverse an overdose. Participants will receive a free Narcan kit. RSVP on eventbrite. <i>Sponsored by Positive Directions</i>	Positive Directions, 90 Post Rd West, Westport
Mon. 5/13 6:30-8pm	 “Resilience: The Biology of Stress and the Science of Hope.” A film about toxic stress, adverse childhood experiences (ACES), and their impact on physical and mental wellness. Register at http://www.ewml.org/events/ <i>Sponsor: Town of Monroe Social Services</i>	Edith Wheeler Memorial Library, 733 Monroe Turnpike, Monroe



Date & Time	Event Information	Location
Tu. 5/14 & 5/16 9am-1pm (<i>Must attend both days</i>)	 Youth Mental Health First Aid: Sometimes first aid isn't a bandage or CPR. Sometimes it's YOU. A young person you know may be struggling with mental illness or addiction. Learn an action plan to help. Cost is \$18.95 for the textbook. To register, email mpieratti@er9.org . <i>Sponsored by Easton-Redding Community Care Coalition</i>	Joel Barlow High School, 100 Black Rock Turnpike, Redding
Tu. 5/14 10:30am-12pm	 Free Play Matters Task Force works to inspire and educate about the critical importance of play in the lives of children. Free play has declined in recent decades. Detrimental effects include rises in anxiety and depression. <i>Sponsors: Wilton Youth Council & Wilton Youth Services</i>	Comstock Community Center, 180 School Rd., Wilton
Wed. 5/15 10:30am-12pm	 Consumer training: Narcan. Learn to reverse an opioid overdose through the use of Narcan nasal spray and receive a free Narcan kit. Contact joanne.butler@ct.gov <i>Sponsored by Southwest Community Mental Health System/ DMHAS</i>	GBCMHC, 1635 Central Ave., Bridgeport
Thu. 5/16 12-2pm	 Ask a question, save a life! The "Question-Persuade-Refer" (QPR) suicide prevention training will be offered in English and Spanish (in separate rooms). Free and open to the public. Refreshments will be provided. RSVP to dlewis@positivedirections.org <i>Sponsored by Positive Directions and The Hub</i>	Smilow Life Center, 55 Chestnut Street, South Norwalk
Thu. 5/16 12-2pm	 ¡HAGA UNA PREGUNTA, SALVE UNA VIDA! Programa gratuito para aprender a prevenir el suicidio. Habrán refrigerios. Favor de inscribirse llamando al 203-840-1187. <i>Patrocinado por Positive Directions y The Hub</i>	Smilow Life Center, 55 Chestnut Street, South Norwalk
Thu. 5/16 4-7pm	 Meet Dr. Larry Davidson, Director, Yale Program for Recovery & Community Health, at the Bridge House Family & Friends Night. 4pm: Meet & Greet and clubhouse tours. 5pm: Program begins. <i>Sponsored by Bridge House</i>	880 Fairfield Ave., Bridgeport
Thu. 5/16 7:30-9pm	 Mental Health During the College Years: Recognizing Warning Signs & Getting Help. Mental health problems among college students are rising. Symptoms may surface in college, or an existing condition may worsen. Changes in a student's mood or behavior and excessive use of drugs or alcohol are some warning signs. A panel of professionals will discuss ways to support students' mental health before, during and after the college transition. <i>Sponsor: NAMI Southwest CT</i>	Greenwich Town Hall, 101 Field Point Rd., Greenwich
Fri. 5/17 11am-12pm	 May Lecture Series: "Keeping the Focus on <i>Hope in Recovery</i> : Understanding the Recovery Process as Unique to Each Individual." <i>Sponsored by LifeBridge Community Services</i>	LifeBridge, 475 Clinton Ave., Bridgeport
Sat. 5/18 12-2:30pm	 Healthy Kids Community Celebration: Free health and wellness	Smilow Life Center, 55 Chestnut St.,



Date & Time	Event Information	Location
	screenings, kids' activities, Zumba and other demonstrations, local merchant info, giveaways. <i>Sponsors: Norwalk YMCA & Open Doors</i>	South Norwalk
Sun. 5/19	 NAMI Walks: The state chapter of the National Alliance for Mental Illness is bringing its annual fundraising walk to Westport as well as Hartford this year. Register or sponsor a walker at https://www.namict.org/registerteamnamiconnecticutwalk/ <i>Sponsored by NAMI Connecticut</i>	Sherwood Island State Park, off I-95 exit 18, Westport
Mon. 5/20 7-8:30pm	 Book club discussion of <i>What Made Maddy Run</i> , by Kate Fagan. Details at www.namisouthwestct.org/book-club . RSVP to claudiadevita1123@gmail.com <i>Sponsored by NAMI Southwest CT</i>	Christ Church, Parish Library, 254 East Putnam Ave., Greenwich
Wed. 5/22 2pm-3pm	 Mindfulness Meditation and Relaxation Session. <i>Sponsored by LifeBridge Community Services</i>	LifeBridge, 475 Clinton Ave., Bridgeport
Wed. 5/22 Basketball: 9am-2pm; picnic: 11am-2pm	 Annual 3 on 3 basketball tournament and beach picnic. An event that encourages consumers to come together in their community and socialize with peers. Email joanne.butler@ct.gov for information. <i>Sponsored by Southwest Community Mental Health System/ DMHAS</i>	Short Beach Park, Main St., Stratford
Fri. 5/24 4-6pm	 BBQ and Social Gathering. The clubhouse will open its doors for all present and past members and staff to socialize and barbeque. <i>Sponsored by Bridge House</i>	880 Fairfield Ave., Bridgeport
Mon. 5/27 6-10pm	 Summer Fest 2019 for teens & young adults. Celebrate Memorial Day without any mind-altering substances! Featuring B-RAiN, the band that won the Indie Contest at the Recovery Fest RI last year. <i>Sponsored by Glorious Recovery and Fairfield Cares</i>	Penfield Pavilion, Fairfield Beach
Mon. 5/28 6:30-8:30pm	 Screening and discussion of feature film "Borderline," the first documentary to capture the lived experience of Borderline Personality Disorder (BPD). An estimated 2 percent of the US population carries the diagnosis. This film aims to break the silence and begin a conversation around this underreported and under-diagnosed mental health issue. RSVP to info@thehubct.org . <i>Sponsored by The Hub & Western CT Health Network</i>	Perkin Auditorium, Norwalk Hospital, 34 Maple Street, Norwalk
Wed. 5/30 10am-2pm	 Gambling 101 Learn about gambling / gaming, when it becomes a problem and how to address the issue. Watch thehubct.org for more info. <i>Sponsored by The Hub</i>	Norwalk City Hall, 125 East Ave., Norwalk

