

MAY

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

2019

<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 residents, \$35 non-residents Rsvp to 203-385-4085  Courageous Parenting 101 6-8pm, St Joseph's HS, Trumbull Rsvp to kseperack@sjcadets.org</p>	<p>Thursday, May 9 Book discussion: Turtles All the Way Down, John Green 7pm-8:30pm, Fairfield Public Library  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 NAMI Walks 9am, Sherwood Island, Westport  Healthy Kids Community Celebration 12-2:30pm, 55 Chestnut Street, Norwalk  </p>	<p>Sunday, May 19 Step Forward for Mental Health: Fundraiser walk for Bridgeport Hospital IOP Seaside Park, Bridgeport </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 Film Discussion: "Resilience" 8:30-10:30am, 333 Lordship Blvd, Stratford  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>Tuesday, May 28 Screening & Discussion of feature film "Borderline" Perkin Auditorium, Norwalk Hospital 6:30-8:30pm  </p>	<p>Thursday, May 30 Legalized Sports Wagering: A Good Bet for CT? 11:30-1:30, Norwalk City Hall  </p>