

















# May is Mental Health Awareness Month!

## 2019 SCHEDULE OF (MOSTLY 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	 <b>Mental health and addiction education and information table.</b> 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	 <b>PUSH Talent Show!</b> 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	 <b>The Art of Balance.</b> Women will explore the value of balance in their lives and walk away with ideas and tips on how to maintain it in your busy schedule. RSVP to <a href="http://newcanaancares.org/archives/4916">newcanaancares.org/archives/4916</a> <i>Sponsored by New Canaan Cares &amp; Young Women's League</i>	New Canaan Historical Society, 13 Oenoke Ridge, New Canaan
Wed. 5/1 7-8:30pm	 <b>"Prevention Starts with All: The Chris Herren Story."</b> Join former NBA player and addiction prevention advocate, <b>Chris Herren</b> , for an in-depth look at his recovery journey. \$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	 <b>Mental Health First Aid (MHFA) Training for Fire and EMS</b> helps 1 <sup>st</sup> 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 <a href="mailto:ladyroy@earthlink.net">ladyroy@earthlink.net</a> .	Emergency Mgmt, 581 N. Washington, Bridgeport
Sat. 5/4 9-11am	 <b>3<sup>rd</sup> Annual Fairfield County Walks for Mental Health.</b> Join mental health advocates for a fun walk to raise awareness about mental health and the many resources that are out there. Featuring <b>Randy Kaye</b> , author of <i>Ben Behind His Voices</i> . RSVPs encouraged: <a href="mailto:info@thehubct.org">info@thehubct.org</a>	Town Green (East Ave at Park Street), Norwalk
Sat. 5/4 8:30- 11:45am	 <b>Learn about the Impact of Stress &amp; Burnout on Your Mental Health.</b> Refreshments and raffle. <i>Sponsored by Bridgeport Hospital, City of Bridgeport, Bridgeport Public Schools, YMCA &amp; NEMG</i>	Harding High School, 379 Bond Street, Bridgeport
Sun. 5/5 12:30-4pm	 <b>Self C.A.R.E.S. Sunday: Free day of wellness.</b> Yoga, meditation, reiki, massage, reflexology, acupressure... <i>Sponsored by C.A.R.E.S. Foundation</i>	Echo House, 430 Coram Ave, Shelton
Mon. 5/6 3pm	 <b>"Suicide Prevention: Strategies that Work."</b> Watch & discuss SAMHSA's livestream about the impact of suicide on children, youth, young adults, families and communities. RSVP to <a href="mailto:info@thehubct.org">info@thehubct.org</a> . <i>Sponsored by Child Guidance Southern CT &amp; The Hub</i>	103 West Broad Street, Stamford














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Tue. 5/7 and 5/14, 5:30-9pm ( <i>Must attend both days</i> )	 <b>Mental Health First Aid (MHFA) Training.</b> Well-recognized course teaches the skills needed to help someone experiencing a mental health crisis. RSVP to Marge at 203-385-4095. \$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
Tue. 5/7 6pm-8pm	 <b>Courageous Parenting 101: Parenting through the Opioid Crisis &amp; Beyond.</b> Refreshments provided. Register to <a href="mailto:kseperack@sicadets.org">kseperack@sicadets.org</a> <i>Sponsored by TPAUD, St Joseph's &amp; Courage to Speak Foundation</i>	St Joseph's HS, 2320 Huntington Turnpike, Trumbull
Thu. 5/9 7-8:30pm	 <b>Book club discussion</b> of <i>Turtles All the Way Down</i> , by John Green. Details at <a href="http://www.namifairfield.org">www.namifairfield.org</a> <i>Sponsored by NAMI Fairfield</i>	Fairfield Library, 1080 Old Post Rd., Fairfield
Thu. 5/9 7-8:30pm	 <b>"LIKE":</b> A documentary about the impact of social media on our lives. Social media is a tool and social platforms are a place to connect, share and care... but is that what is really happening? Register on eventbrite <i>Sponsored by Laurel House, The Darien Depot, Communities 4 Action</i>	Darien Playhouse, 1077 Post Rd., Darien
Fri. 5/10 12-1pm	 <b>4 What's Next:</b> 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 <a href="mailto:info@thehubct.org">info@thehubct.org</a> <i>Sponsored by The Hub</i>	1 Park Street, Norwalk
Fri. 5/10 1-4pm	 <b>Hearing Voices: An Experiential Training.</b> Video and simulation using headphones and interactive exercises to allow participants to experience what it is like to hear voices. Experience may be quite stressful. RSVP: 203-551-7418. <i>Sponsored by The Kennedy Center</i>	The Kennedy Center, 2440 Reservoir Ave., Trumbull
Mon. 5/13 10:30am-2pm	 <b>FS Dubois Center education &amp; information table.</b> 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	 <b>Narcan training.</b> 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	 <b>"Resilience: The Biology of Stress and the Science of Hope."</b> A film about toxic stress, adverse childhood experiences (ACES), and their impact on physical and mental wellness. Register at <a href="http://www.ewml.org/events/">http://www.ewml.org/events/</a> <i>Sponsor: Town of Monroe Social Services</i>	Edith Wheeler Library, 733 Monroe Turnpike, Monroe
Tu. 5/14 & 5/16 9am-1pm	 <b>Youth Mental Health First Aid:</b> Sometimes first aid isn't a bandage or CPR. Sometimes it's YOU. A young person you know may be struggling with	Joel Barlow High School, 100 Black Rock



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<i>(Must attend both days)</i>	mental illness or addiction. Learn an action plan to help. Cost is \$18.95 for the textbook. To register, email <a href="mailto:mpieratti@er9.org">mpieratti@er9.org</a> . <i>Sponsored by Easton-Redding Community Care Coalition</i>	Turnpike, Redding
Tu. 5/14 10:30am-12pm	 <b>Free Play Matters Task Force</b> 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 &amp; Wilton Youth Services</i>	Comstock Community Center, 180 School Rd., Wilton
Wed. 5/15 10:30am-12pm	 <b>Consumer training: Narcan.</b> Learn to reverse an opioid overdose through the use of Narcan nasal spray and receive a free Narcan kit. Contact <a href="mailto:ioanne.butler@ct.gov">ioanne.butler@ct.gov</a> <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! <b>The “Question-Persuade-Refer” (QPR) suicide prevention training</b> will be offered in English and Spanish (in separate rooms). Free and open to the public. Refreshments will be provided. RSVP to <a href="mailto:dlewis@positivedirections.org">dlewis@positivedirections.org</a> <i>Sponsored by Positive Directions and The Hub</i>	Smilow Life Center, 55 Chestnut Street, South Norwalk
Thu. 5/16 12-2pm	 <b>¡HAGA UNA PREGUNTA, SALVE UNA VIDA!</b> Programa gratuito para aprender a prevenir el suicidio. Habrá refrigerios. Favor de inscribirse llamando al 203-840-1187. <i>Patrocinado por Positive Directions y The Hub</i>	Smilow Life Center, 55 Chestnut St, South Norwalk
Thu. 5/16 4-7pm	 <b>Meet Dr. Larry Davidson, Director, Yale Program for Recovery &amp; Community Health, at the Bridge House Family &amp; Friends Night.</b> 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	 <b>Mental Health During the College Years: Recognizing Warning Signs &amp; Getting Help.</b> Mental health problems among college students are rising. Symptoms may surface in college, or an existing condition may worsen. 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	 <b>May Lecture Series: “Keeping the Focus on Hope in Recovery: Understanding the Recovery Process as Unique to Each Individual.”</b> <i>Sponsored by LifeBridge Community Services</i>	LifeBridge, 475 Clinton Ave., Bridgeport
Sat. 5/18 12-2:30pm	 <b>Healthy Kids Community Celebration:</b> Free health and wellness screenings, kids’ activities, Zumba and other demonstrations, local merchant info, giveaways. <i>Sponsors: Norwalk YMCA &amp; Open Doors</i>	Smilow Life Center, 55 Chestnut St., South Norwalk
Sat. 5/18 9am checkin, 10am walk	 <b>NAMI Walks:</b> The state chapter of the National Alliance for Mental Illness is bringing its annual fundraising walk to Westport as well as Hartford this year. Details at <a href="http://namict.org">namict.org</a> . <i>Sponsored by NAMI Connecticut</i>	Sherwood Island State Park, I-95 exit 18, Westport



Date & Time	Event Information	Location
Sun. 5/19 8:30am	 <b>Step Forward for Mental Health Awareness.</b> A walk/ fun run to benefit Bridgeport Hospital's inpatient and IOP programs. \$15 for ages 11-17, \$20 for ages 18+. Register: 203-255-5300. <i>Sponsored by Newport Academy</i>	1 Barnum Dyke, Seaside Park, Bridgeport
Mon. 5/20 7-8:30pm	 <b>Book club discussion of <i>What Made Maddy Run</i>,</b> by Kate Fagan. Details at <a href="http://www.namisouthwestct.org/book-club">www.namisouthwestct.org/book-club</a> . RSVP to <a href="mailto:claudiadevita1123@gmail.com">claudiadevita1123@gmail.com</a> <i>Sponsored by NAMI Southwest CT</i>	Christ Church, Library, 254 East Putnam, Greenwich
Tue. 5/21 1:30-3:30pm	 <b>Courageous Parenting 101: Parenting through the Opioid Crisis &amp; Beyond.</b> Refreshments provided. Register to <a href="mailto:creinosojr@gmail.com">creinosojr@gmail.com</a> <i>Sponsored by CCAR &amp; Courage to Speak Foundation</i>	CCAR, 430 State Street, Bridgeport
Wed. 5/22 8:30-10:30am	 <b>"Resilience":</b> Breakfast screening of the film that reveals trauma and stress as the largest public health issues of our generation. Discussion to explore how to build resilience in Stratford. Register at eventbrite. <i>Sponsored by Stratford School Readiness</i>	CT Distributors, 333 Lordship Blvd, Stratford
Wed. 5/22 2pm-3pm	 <b>Mindfulness Meditation and Relaxation Session.</b> <i>Sponsored by LifeBridge Community Services</i>	LifeBridge, 475 Clinton Ave., Bridgeport
Wed. 5/22 Games: 9am-2pm; picnic: 11am-2pm	 <b>Annual 3 on 3 basketball tournament and beach picnic.</b> An event that encourages consumers to come together in their community and socialize with peers. Email <a href="mailto:joanne.butler@ct.gov">joanne.butler@ct.gov</a> for information. <i>Sponsored by Southwest Community Mental Health System/ DMHAS</i>	Short Beach Park, Main St., Stratford
Wed. 5/22 6-7:30pm	 <b>Narcan training.</b> 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 to <a href="mailto:jandersen@ryasap.org">jandersen@ryasap.org</a> . <i>Sponsored by The Hub &amp; AmeriCorps</i>	Burroughs Community Center, 2470 Fairfield Ave., Bridgeport
Fri. 5/24 4-6pm	 <b>BBQ and Social Gathering.</b> 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	 <b>Summer Fest 2019</b> 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
Tue. 5/28 6:30-8:30pm	 <b>Screening and discussion of feature film "Borderline,"</b> the first documentary to capture the lived experience of Borderline Personality Disorder (BPD). RSVP to <a href="mailto:info@thehubct.org">info@thehubct.org</a> . <i>Sponsored by The Hub &amp; Western CT Health Network</i>	Perkin Auditorium, Norwalk Hospital
Thu. 5/30 11:30-1:30	 <b>Legalized Sports Wagering: A Good Bet for Connecticut?</b> <i>Sponsored by Communities 4 Action &amp; The Hub</i> RSVP: <a href="mailto:igillespie@communities4action.org">igillespie@communities4action.org</a>	Norwalk City Hall, 125 East Ave., Norwalk

