

MAY

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

2022

<p>Sunday, May 1 Wellness at the Shakespeare Market 10am-2pm 1850 Elm St. Stratford, CT For more Information contact James at 203-385-4095</p> 	<p>Tuesday, May 3 Question. Persuade. Refer. QPR (suicide prevention) Training 9-10:30am Virtual RSVP here</p> 	<p>Tuesday, May 3 Coping Skills Workshop for Anxiety & Stress For middle school and high school students and parents Presented by Dr. Aaron Weiner, PhD, ABPP 7:30pm Virtual Register here</p> 	<p>Wednesday, May 4 Mental Health 101 – Overview of Mental Health Issues in the Modern World 1:00pm Virtual View here</p> 	<p>Wednesday, May 4 Mental Health Solutions: Improving Care 1-2:00pm Virtual Register here</p> 	<p>Wednesday, May 4 Naloxone Training 3-4:00pm Virtual Register here</p> 	<p>Wednesday, May 4 Supporting Adolescent Mental Health Parenting Strategies in 2022 Keynote Speaker: Aaron Weiner, PhD, ABPP 6:30pm Virtual Register here</p> 
<p>Wednesday, May 4 Strategies to Support Your Child's Mental Health 7:00pm Virtual Register here</p> 	<p>Wednesday, May 4 Laughter Yoga 7-8:00pm Virtual Register here</p> 	<p>Thursday, May 5 National Children's Mental Health Awareness Day 2022: Peer Support for Youth and Families 1-2:00pm Virtual Register here</p> 	<p>Friday, May 6 Dismantling Systemic Racism: 2022 Conference on Race, Education and Success 9:00am-2:00pm Virtual Register here</p> 	<p>Saturday, May 7 NorWALK for Mental Health 9-11:30am Norwalk Green *Rain date May 21st</p> 	<p>Sunday, May 8 National Prevention Week Beings MAY 8-14 2022</p> 	<p>Monday, May 9 NPW Daily Health Theme: Strengthening Community Resilience: Substance Misuse and Overdose Prevention</p> 
<p>Monday, May 9 Opioid education/naloxone training 12-1:00pm Community Room @ Norwalk City Hall</p> 	<p>Tuesday, May 10 NPW Daily Health Theme: Preventing Substance Use and Promoting Mental Health in Youth</p> 	<p>Tuesday, May 10 National Fentanyl Awareness Day Find more information here</p> 	<p>Tuesday, May 10 Overview of Problem Gambling & Gaming in Connecticut 12-1:00pm Virtual Register here</p> 	<p>Tuesday, May 10 An Introduction to Positive Community Norms 1-3:00pm Virtual Register here</p> 	<p>Tuesday, May 10 The Prevention Monologues: Stories of Prevention and Resilience 1:00PM Virtual Register here</p> 	<p>Tuesday, May 10 Brain/Behavior Alterations Underlying Self-Injury and Suicide Among Children and Adolescents 2-3:00pm Virtual Register here</p> 
<p>Wednesday, May 11 NPW Daily Health Theme: Preventing Suicide: Everyone Plays a Role</p> 	<p>Wednesday, May 11 CT Change The Script Van 11am-1pm West Putnam Ave Greenwich, CT In front of the Greenwich Library</p> 	<p>Wednesday, May 11 Discovering the Synergy Between Problem Gambling and Substance Misuse Prevention 12pm-1:30pm Virtual Register here</p> 	<p>Wednesday, May 11 Suicide Prevention Across the Lifespan – a webinar in collaboration with the NEMHTC 1-2:00pm Virtual Register here</p> 	<p>Wednesday, May 11 National Suicide Prevention Hotline Launch to 988 – What's on the Horizon 1:00pm Virtual View here</p> 	<p>Thursday, May 12 NPW Daily Health Theme: The Talen Pipeline: Enhancing the Prevention Workforce</p> 	<p>Thursday, May 12 Marijuana.TH.CBD.OMG: The Employer's Challenge 9:30am-11:30pm Virtual Register here</p> 

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<p>Thursday, May 12 Suicide Prevention in the Veteran Population 11:30am-1:00pm Virtual Register here</p> 	<p>Thursday, May 12 The Health of Teens in CT: Results from the CT School Health Survey 2-3:00pm Virtual Register here</p> 	<p>Friday, May 13 NPW Daily Health Theme: Prevention is Everywhere: Highlighting Efforts Across Settings and Communities</p> 	<p>Friday, May 13 Lunch & Learn with Recovery Network of Programs 12:30-1:00pm Virtual Register here</p> 	<p>Saturday, May 14 NPW Daily Health Theme: Celebrating Prevention Heroes</p> 	<p>Saturday, May 14 National Prevention Week Event 10am-3pm Sacred Heart University's Discovery Science Center and Planetarium 4450 Park Ave Bridgeport, CT More info here</p> 	<p>Saturday, May 14 Read aloud of Gizmo's Pawesome Guide to Mental Health in English and Spanish 11am-12pm – Norwalk Main Library 2-3pm – South Norwalk Branch</p> 
<p>Sunday, May 15 Youth Empowering Youth to Make Life-Saving Choices 1:00 pm Arch Street, The Greenwich Teen Center RSVP here</p> 	<p>Tuesday, May 17 Question. Persuade. Refer. QPR (suicide prevention) Training 9-10:30am Virtual RSVP here</p> 	<p>Wednesday, May 18 Having Crucial Conversations 12-1:00pm Virtual Register here</p> 	<p>Wednesday, May 18 Get Help – Reducing Stigma Associated with Mental Health 2:00pm Virtual View here</p> 	<p>Wednesday, May 18 Youth Town Hall Focused on Youth Mental Health Virtual Email dlewis@norwalkacts.org for more information</p> 	<p>Wednesday, May 18 Naloxone Training 3-4:00pm Virtual Register here</p> 	<p>Thursday, May 19 Early Psychosis Basics 12-1:00pm Virtual Register here</p> 
<p>Thursday, May 19 Faith, Spirituality, and Mental Wellness 5-6:00pm Sanctuary – Cornerstone Community Church Email dlewis@norwalkacts.org for more information</p> 	<p>Thursday, May 19 In Your Own Voice 6-7:00pm Norwalk Main Library Email dlewis@norwalkacts.org for more information</p> 	<p>Friday, May 20 Be Here Now: A Day of Healing on the LI Sound 8:30am-3:00pm Mercy by the Sea 167 Neck Road Madison, CT 06443 More info here</p>	<p>Saturday, May 21 NAMI Walks Your Way Connecticut 9:00am Bushnell Park 99 Trinity St Hartford, CT</p> 	<p>Monday, May 23 Evidence-Based Strategies in Prevention: Enforcement 1-3:00pm Virtual Register here</p> 	<p>Tuesday, May 24 Clear the Vapor Conference 2022 Register Here</p> 	<p>Tuesday, May 24 Early Psychosis Treatment Approaches 12-1:00pm Virtual Register here</p> 
<p>Tuesday, May 24 Understanding Suicide in the Elderly in America 12-2pm Virtual Register here</p> 	<p>Tuesday, May 24 Youth Question. Persuade. Refer. Training for CT high school students grades 9-12 5:30-7pm Virtual Register here</p> 	<p>Tuesday, May 24 In Your Own Voice 6-7:00pm Norwalk Library Sono Branch Email dlewis@norwalkacts.org for more information</p> 	<p>Wednesday, May 25 Clear the Vapor Conference 2022 Register Here</p> 	<p>Wednesday, May 25 Mental Health First Aid Training 8:00am-4:30pm Norwalk Police Department Email dlewis@norwalkacts.org for more information</p> 	<p>Wednesday, May 25 Understanding the Social Justice Implications of the Opioid Epidemic 12-1:00pm Virtual Register here</p> 	<p>Wednesday, May 25 Mental Health Issues in Post-COVID America 2:00pm Virtual View here</p> 



For more information, visit TheHubCT.org




*Last updated 5/9/22

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<p><i>Friday, May 27</i> Youth Mental Health First Aid Training 9:00am-4:00pm Community Room @ Norwalk City Hall Email dlewis@norwalkacts.org for more information</p>  <p>The Norwalk Partnership <i>Norwalk ACTS</i> <small>PREVENTING SUBSTANCE MISUSE AMONG YOUTH AND YOUNG ADULTS</small></p>	<p><i>Tuesday, May 31</i> NAMI Ask the Expert: Lesson on the Impact of Trauma 2:00pm Virtual Register here</p>  <p>NAMI National Alliance on Mental Illness</p>	<p><i>Tuesday, May 31</i> LGBTQIA+ and Allyship Lunch & Learn 3pm-4:30pm Virtual Register here</p>  <p>the hub COMMUNITY OF BETTER CONNECTIONS</p>				



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