

# May is Mental Health Awareness Month!

## 2017 SCHEDULE OF FREE PUBLIC EVENTS IN SOUTHWESTERN CT

Calendar coordinated & disseminated by Southwest Regional Mental Health Board (SWRMHB), Norwalk, CT

View online at [www.HealthyMindsCT.org](http://www.HealthyMindsCT.org)

| Date & Time                           | EVENT (view at <a href="http://HealthyMindsCT.org">HealthyMindsCT.org</a> )  | Location   |
|---------------------------------------|--|--|
| 4 Fridays starting 4/28<br>9am-12noon | Mental Health First Aid for Greenwich municipal employees<br><br>Sponsored by Greenwich Dept. of Human Services & SWRMHB   | Police Department, 11 Bruce Place, Greenwich             |
| Mon. 5/1<br>11:30am                   | Bilingual presentation: "How to Manage Stress /Cómo manejar el estrés" – presented by Silvia Rupprecht, LCSW<br><br>Sponsored by Department of Psychiatry, Norwalk Hospital  | Norwalk Senior Center-South, 92 Cedar Street, Norwalk    |
| Mon. 5/1<br>7-9pm                     | Screening of "No Letting Go"<br><br>Sponsored by Mid-Fairfield Child Guidance  | Stepping Stones Museum, 303 West Ave., Norwalk           |
| Mon. 5/1<br>6:30-8pm                  | "Our Stories: Share Night" – Individuals who have struggled with mental health, addiction or substance use are invited to share their story, their perseverance and their triumphs. Open to the public.<br><br>Sponsored by RIPPLE and SWRMHB  | Ferguson Library (auditorium), 1 Library Place, Stamford |
| Wed. 5/3<br>6pm                       | Caring Network Film Series: Recognizing Your Child's Mental Health Needs<br>Sponsored by Southwest Regional Mental Health Board  | Public Access Channel 88                                 |
| Thu. 5/4<br>1-3pm                     | Talent Show showcasing the skill and talents of mental health consumers. Prizes will be awarded!<br><br>Sponsored by Greater Bridgeport Community Mental Health  | 3 <sup>rd</sup> Floor, 1635 Central Ave., Bridgeport     |
| 5/4 & 5/5<br>8am-4pm                  | "Mindfulness and Reality Acceptance for Personal and Professional Practice." \$455 training fee. Register at <a href="http://www.behavioraltech.org">www.behavioraltech.org</a> .<br><br>Sponsored by Silver Hill Hospital   | Silver Hill Hospital, 208 Valley Road, New Canaan        |
| Fri. 5/5<br>6-11pm                    | Keystone Cinco de Mayo Party - Fundraiser to benefit adults with mental illness. Margaritas, tequila tasting, mariachi band, DJ Dom, open bar, sit-down dinner & more. \$150/ticket. Contact <a href="mailto:kcarter@keystonehouse.org">kcarter@keystonehouse.org</a><br><br>Sponsored by Keystone House | Norwalk Inn, 99 East Ave, Norwalk                        |
| Sat. 5/6<br>10-11:30am                | Fairfield County Walks for Mental Health. Join mental health advocates for a fun walk to raise awareness about mental health. Legislators will kick off the walk with a proclamation, and other activities will include laughter yoga and a labyrinth.   | Town Green, East Ave at Park Street, Norwalk             |
| Sat. 5/6<br>2-3pm                     | Crafternoon. Make a craft such as a jewelry box or accordion book with a mental health focus.<br><br>Sponsored by Silver Hill Hospital   | New Canaan Public Library                                |

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| Sat. 5/6<br>7-8:30pm                    | HOPE for Mental Illness, a concert by the SymphoNY Chorus.<br>Register at <a href="http://www.namict.org/choral">www.namict.org/choral</a><br><br>Sponsored by NAMI Connecticut   | East Ridge Middle School, Ridgefield                          |
| Mon. 5/8<br>7-9pm                       | Screening of feature documentary film "Borderline," with panel discussion about borderline personality disorder.<br><br>Sponsored by SWRMHB & Silver Hill Hospital  | Town Hall, 101 Field Point Rd, Greenwich                      |
| Tue. 5/9<br>10am-1pm                    | Mental Health Information Table<br><br>Sponsored by FS Dubois Center  | Government Center, Stamford                                   |
| Tue. 5/9<br>11am                        | <b>Dealing with Anxiety: Support group for clients, open to the community. Email <a href="mailto:lfesta@lifebridgect.org">lfesta@lifebridgect.org</a> to RSVP.</b><br><br><b>Sponsored by LifeBridge Community Services</b>   | <b>LifeBridge, 475 Clinton Ave., Bridgeport</b>               |
| Tue. 5/9<br>12pm                        | <b>Dealing with Young Adults &amp; Anxiety: Workshop for clinicians. Email <a href="mailto:lfesta@lifebridgect.org">lfesta@lifebridgect.org</a> to RSVP.</b><br><br><b>Sponsored by LifeBridge Community Services</b>   | <b>LifeBridge, 475 Clinton Ave., Bridgeport</b>               |
| Tue. 5/9<br>7-9pm                       | Talking about mental wellness without shame and guilt: book discussion with guest speaker. Read a first-person story about an individual's struggle with mental illness, and come to discuss the different perspectives. Discussion will be facilitated by Vered Brandman, a young adult in recovery from mental illness, and Deirdre Ekholdt, LCSW. More info & RSVP to <a href="mailto:dekholdt@mac.com">dekholdt@mac.com</a> . | 44 Charcoal Hill Rd, Westport                                 |
| Wed. 5/10<br>1-4pm                      | Hearing Voices training. Gain insight into the experiences and resilience of people with psychiatric disabilities through this simulation in which you complete a series of tasks while listening to voices through headphones. Space is limited; RSVP to <a href="mailto:Britt.Bisson@ct.gov">Britt.Bisson@ct.gov</a> or 203-551-7418.<br><br>Sponsored by The Kennedy Center  | The Kennedy Center, 2440 Reservoir Avenue, Trumbull           |
| Wed. 5/10<br>6pm                        | Caring Network Film Series: Young Adults and the College Years<br><br>Sponsored by Southwest Regional Mental Health Board   | Public Access Channel 88                                      |
| <b>CANCELED;<br/>TO BE RE-SCHEDULED</b> | <b>"Our Stories: Share Night" – Individuals who have struggled with mental health, addiction or substance use are invited to share their story, their perseverance and their triumphs. Open to the public. Come to the 5/1 or 5/16 Share Nights as this one is postponed!</b><br><br>Sponsored by RIPPLE and SWRMHB   | Bridgeport Library, main branch, 925 Broad Street, Bridgeport |
| Thu. 5/11<br>10am-1pm                   | Mental Health Information Table<br><br>Sponsored by FS Dubois Center  | Government Center, 888 Washington Blvd., Stamford             |

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| Thu. 5/11<br>AND Fri.<br>5/12 , 10am-<br>2:30pm         | Youth Mental Health First Aid. 8-hour certification training to learn about youth mental health and how to support healthy development. \$50 fee includes materials & snacks. Register to <a href="mailto:info@swrmhb.org">info@swrmhb.org</a><br><br>Sponsored by SWRMHB     | Unitarian Universalist Church, 10 Lyons Plains Rd., Westport |
| Thu. 5/11<br>11am-2pm                                   | Field Day<br><br>Sponsored by Keystone House, Laurel House, Mental Health CT, Pathways  | 509 East Putnam Ave<br>Greenwich                             |
| Thu. 5/11<br>7:30-9pm                                   | "Improving Mental Health: Four Secrets in Plain Sight" presented by Dr. Lloyd Sederer<br><br>Sponsored by NAMI Southwest  | Town Hall, 101 Field Point Rd., Greenwich                    |
| <b>DATE TBD –<br/>CALL IF<br/>YOU'RE<br/>INTERESTED</b> | Una conversación sobre la salud mental en la comunidad latina. Para registrarse: <a href="mailto:info@swrmhb.org">info@swrmhb.org</a> o 203 840 1187 (pregunte por Margaret)<br><br>Sponsored by Southwest Regional Mental Health Board                                       | Stamford (TBD)   |
| Fri. 5/12<br>10am-12pm                                  | Presentation on Expansion of CT's Substance Use Access Line<br><br>Sponsored by DMHAS and SWRMHB  | Norwalk City Hall, 125 East Ave., Norwalk                    |
| Sat. 5/13<br>9am-5pm                                    | Emotional CPR: An Introductory Workshop. Full-day workshop limited to 8 participants, includes lunch. Questions or RSVP by May 5 to <a href="mailto:veredEbrandman@gmail.com">veredEbrandman@gmail.com</a> . \$25 recommended donation.<br><br>Sponsored by RIPPLE and SWRMHB | HSC Building, 1 Park Street, Norwalk                         |
| Mon. 5/15<br>7-8:30pm                                   | Book discussion: "Beautiful Boy: A Father's Journey Through His Son's Addiction" by David Sheff. RSVP to <a href="mailto:claudiadevita1123@gmail.com">claudiadevita1123@gmail.com</a><br><br>Sponsored by NAMI Southwest  | 254 E. Putnam Avenue,<br>Christ Church,<br>Greenwich         |
| Tue. 5/16   | Performance by the Second Step Players. Open to PUSH Program.<br><br>Sponsored by FS Dubois Center  | 780 Summer Street,<br>Stamford                               |
| Tu. 5/16<br>6:30-8pm                                    | "Our Stories: Share Night" – Individuals who have struggled with mental health, addiction or substance use are invited to share their story, their perseverance and their triumphs. Open to the public.<br><br>Sponsored by RIPPLE and SWRMHB                                 | Barnes & Noble, 1076 Post Rd E., Westport                    |
| Wed. 5/17<br>9am-2pm<br>(Raindate<br>Thu. 5/18)         | 3 on 3 Basketball Tournament & Picnic. Watch or Play! Activities: Basketball, Board Games, Arts/Crafts, Food & more. Contact Joanne to sign up your team: (203) 551-7549.<br><br>Sponsored by Southwest Community Mental Health System PUSH Program                           | Short Beach Park,<br>Stratford                               |

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| Wed. 5/17<br>6pm   | Caring Network Film Series: Woman in Recovery<br><br>Sponsored by Southwest Regional Mental Health Board  | Public Access<br>Channel 88   |
| Thu. 5/18<br>11am-12pm                                   | Healthy Eating presentation by registered dietician Tamara Sweet.<br>Info: <a href="mailto:vmittelstadt@keystonehouse.org">vmittelstadt@keystonehouse.org</a><br><br>Sponsored by Keystone House  | 147 Main Street,<br>Norwalk   |
| <b>New Date:</b><br>Thu. 5/18<br>4:30-7:30pm             | Friends and Family Open House with special guest Daryl McGraw,<br>Director of the Office of Community Recovery Affairs at DMHAS.<br><br>Sponsored by Bridge House   | 880 Fairfield Ave.,<br>Bridgeport   |
| Fri. 5/19<br>11am-1pm                                    | Celebrate Mental Health Recovery Luncheon and Activities. Open<br>to all.<br><br>Sponsored by Laurel House  | Laurel House, 1616<br>Washington Blvd., 3 <sup>rd</sup><br>floor bistro, Stamford |
| Fri. 5/19<br>11am-2pm                                    | Volleyball Tournament - Info: <a href="mailto:vmittelstadt@keystonehouse.org">vmittelstadt@keystonehouse.org</a><br><br>Sponsored by Keystone House   | Shady Beach, Norwalk  |
| Fri. 5/19<br>5:30-8:30pm<br>AND Sat.<br>5/20 9am-<br>2pm | Mental Health First Aid (adult module). 8-hour training to learn<br>about mental health signs and symptoms and how to help<br>someone in need. \$35 (free to Stratford municipal and BOE<br>employees). Register to Marge at 203-385-4095.<br><br>Sponsored by Stratford Community Services | 468 Birdseye, Stratford   |
| Sat. 5/20<br>10am-2pm                                    | Family Day: Health & Safety Fair<br><br>Sponsored by Stamford Health Department   | Yerwood Center, 90<br>Fairfield Ave., Stamford                                    |
| Sat. 5/20  | NAMI Connecticut Walk. Join NAMI CT for the annual statewide<br>walk to raise awareness and funds for the cause of mental health.   | Bushnell Park, Hartford   |
| Mon. 5/22<br>2pm   | Presentation about Latino Behavioral Health Outreach services<br><br>Sponsored by Optimus Healthcare  | Optimus, 1351<br>Washington Blvd.,<br>Stamford                                    |
| Mon. 5/22<br>7-9pm                                       | Mental Health & Spirituality: Perspectives on Hoarding. Meg<br>Weissman, LCSW, will speak on causes and treatment, and Rev.<br>Debra Slade will discuss the spirituality of de-cluttering.<br><br>Sponsored by Norwalk Hospital and SWRMHB  | Perkin Auditorium,<br>Norwalk Hospital  |
| Tue. 5/23<br>9-11am                                      | "Veterans Post 9/11 and Their Community: A Community<br>Conversation." RSVP to Teresa Giegengack at<br><a href="mailto:tgiegengack@fairfieldct.org">tgiegengack@fairfieldct.org</a> or 203-256-3166.<br><br>Sponsored by Fairfield Social Services  | Bigelow Center, 100<br>Mona Terrace, Fairfield                                    |
| Wed. 5/24<br>6pm   | Caring Network Film Series: Men and Depression<br><br>Sponsored by Southwest Regional Mental Health Board   | Public Access<br>Channel 88   |

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| Wed. 5/24<br>6:30-7:30pm   | <p>“Treating Insomnia: Evidence-Based Strategies to Help You Sleep,” presented by Deirdre Ekholdt, LCSW</p> <p>Sponsored by Monroe Social Services</p>  | Edith Wheeler Memorial Library, 733 Monroe Turnpike, Monroe                                 |
| Wed. 5/24<br>7-8:15pm      | <p>“Having the Conversation”: Making informed decisions about mental health, physical health, and end-of-life care.</p> <p>Sponsored by Norwalk Hospital, CT Legal Rights Project, and SWRMHB</p>   | Norwalk Public Library, 1 Belden Ave., Norwalk  |
| Thu. 5/25<br>10am-12pm     | <p>Screening of “The Anonymous People,” a documentary film about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. This passionate new public recovery movement is fueling a changing conversation that aims to transform public opinion and finally shift problematic policy toward lasting recovery solutions.</p> <p>Sponsored by Greater Bridgeport Community Mental Health Center</p> | 3 <sup>rd</sup> Floor, 1635 Central Ave., Bridgeport  |
| Thu. 5/25<br>7-9pm         | <p>Ethical Decision Making for Caregivers, Fiduciaries and Families. Michael Mackniak, JD, MBA, founder of Melissa’s Project and CEO of Guardian ad Litem, provides guidance for caregivers of individuals with disabilities. RSVP to <a href="mailto:info@swrmhb.org">info@swrmhb.org</a>.</p> <p>Sponsored by SWRMHB</p>  | Community Fund of Darien, Event Room, 1 <sup>st</sup> floor, 30 Old Kings Hwy South, Darien |
| Fri. 5/26<br>10:30-11:30am | <p>Mindfulness Workshop presented by Sandrine Harris of Copper Beech Institute. Offered to program participants. Limited seating.</p> <p>Sponsored by Laurel House</p>  | Laurel House, 1616 Washington Blvd., 3 <sup>rd</sup> floor, Stamford                        |
| Wed. 5/31<br>1-4pm         | <p>Hearing Voices training. Gain insight into the experiences and resilience of people with psychiatric disabilities through this simulation in which you complete a series of tasks while listening to voices through headphones. Space is limited; RSVP to <a href="mailto:Britt.Bisson@ct.gov">Britt.Bisson@ct.gov</a> or 203-551-7418.</p> <p>Sponsored by The Kennedy Center</p>   | The Kennedy Center, 2440 Reservoir Avenue, Trumbull   |