

# MAY

# Mental Health Awareness Month!

## Free & public events in Southwestern CT

# 2021

<p><b>Monday, May 3</b></p> <p><b>How to Parent to Prevent Substance Abuse, Communicate to Build a Trusting Relationship and Raise Children with Grit and Resilience</b></p> <p>7pm - Zoom - Register <a href="#">Here</a></p> 	<p><b>Tree of Hope Tree Lighting</b></p> <p>7:30 pm</p> <p>Sherman Town Green Fairfield, CT</p> 	<p><b>Tuesday, May 4</b></p> <p><b>Question. Persuade. Refer QPR (suicide prevention) Training</b></p> <p>5-6:30 pm Virtual RSVP by emailing <a href="mailto:info@thehubct.org">info@thehubct.org</a></p>    	<p><b>Stress Reduction Techniques for Life Harmony with Chris Salem</b></p> <p>6PM Virtual Register <a href="#">Here</a></p> 	<p><b>Wednesday, May 5</b></p> <p><b>Narcan Training</b></p> <p>3-4:00pm Virtual Register by emailing Kaitlin <a href="mailto:kaitlin@ryasap.org">kaitlin@ryasap.org</a></p>   	<p><b>Thursday, May 6</b></p> <p><b>Question. Persuade. Refer QPR (suicide prevention) Training</b></p> <p>9-10:30am Virtual RSVP to Margaret at <a href="mailto:mwatt@positivedirections.org">mwatt@positivedirections.org</a></p>   	<p><b>Adolescent Mental Health in the time of COVID-19</b></p> <p>1-2:00pm Register <a href="#">Here</a></p>  
<p><b>Sunday, May 9</b></p> <p><b>National Prevention Week Begins</b></p>  	<p><b>Monday, May 10</b></p> <p><b>"If They Had Known"</b></p> <p>Online Documentary Viewing about mixing prescription drugs with alcohol</p> <p>7-8pm RSVP for Zoom at <a href="mailto:info@positivedirections.org">info@positivedirections.org</a></p>    	<p><b>Wednesday, May 12</b></p> <p><b>CT Change the Script Van</b></p> <p>11-1pm, 299 Greenwich Ave, Greenwich</p> 	<p><b>Calm for the Community Wellness fair and CT Change the Script Van</b></p> <p>For parents of school children</p> <p>2:30-5pm Sherman Town Green</p> 	<p><b>CT Drug Trends: Bridging The Gap Between Public Health and Public Safety</b></p> <p>2-3:00 pm Virtual Register at <a href="https://www.ctclearinghouse.org/registration/">https://www.ctclearinghouse.org/registration/</a></p>  	<p><b>Adolescent Mental Health in 2021</b></p> <p>Challenges &amp; Caregiver Strategies w/ Dr. Aaron Weiner</p> <p>6:30pm Register <a href="#">Here</a></p> 	<p><b>Thursday, May 13</b></p> <p><b>New England PTTC Vaping Graphic Panel</b></p> <p>1:00 pm, Zoom</p> 
<p><b>Narcan Training</b></p> <p>10-12:00pm Virtual Register by emailing Cherish <a href="mailto:Cherish.robertson@liberationprograms.org">Cherish.robertson@liberationprograms.org</a></p>    	<p><b>Early Psychosis Basics</b></p> <p>2-3:30 pm Zoom Register at <a href="https://www.eventbrite.com/e/early-psychois-basics-training-tickets-151252288667">https://www.eventbrite.com/e/early-psychois-basics-training-tickets-151252288667</a></p> 	<p><b>Read Along of Gizmo's Pawesome Guide to Mental Health</b></p> <p>7-7:45pm Virtual For youth ages 5-11 Register at <a href="https://ctstatewidegizmo.attendase.com/">https://ctstatewidegizmo.attendase.com/</a></p>  	<p><b>Monday, May 17</b></p> <p><b>Raising Children with Resilience and Grit During the Pandemic &amp; Beyond</b></p> <p>10-12 pm Register <a href="#">Here</a></p> <p>Sponsored by the South Central Network of Care (SCNC) and Connecting to Care</p>	<p><b>Question. Persuade. Refer QPR (suicide prevention) Training</b></p> <p>5-6:30 pm Virtual RSVP by emailing <a href="mailto:info@thehubct.org">info@thehubct.org</a></p>    	<p><b>Wednesday, May 19</b></p> <p><b>Narcan Training</b></p> <p>3-4:00pm Virtual Register by emailing <a href="mailto:kaitlin@ryasap.org">kaitlin@ryasap.org</a></p>    	<p><b>A Better High: Laugh, Help, Run, Love &amp; Other Ways to Get Naturally High</b></p> <p>7-8:30 pm Presentation with author Matt Bellace</p> 
<p><b>Shattering The Stigma of Mental Health</b></p> <p><b>Emily Torchiana TEDx Speaker and Suicide Attempt Survivor</b></p> <p>7-8:30 pm Woodway Country Club 540 Hoyt ST. Darien, CT Or Virtually – Register at <a href="#">Here</a></p> 	<p><b>Thursday, May 20</b></p> <p><b>Prevention, Wellness, and Healing: A Symposium With a Youth Perspective</b></p> <p>9-2:00 pm Register <a href="#">Here</a></p> 	<p><b>Friday, May 21</b></p> <p><b>2021 Women &amp; Opioids Conference</b></p> <p>9-4pm - Zoom Register <a href="#">Here</a></p>  	<p><b>Saturday, May 22</b></p> <p><b>NAMI Walks Your Way CT: A United Day of Hope</b></p> <p>All Day – Social media and live feeds Register <a href="#">Here</a></p> 	<p><b>Wednesday, May 26</b></p> <p><b>Question. Persuade. Refer QPR (suicide prevention) Training</b></p> <p>11:30-1:00 pm Virtual RSVP by emailing <a href="mailto:info@thehubct.org">info@thehubct.org</a></p>    	<p><b>Laughing Yoga</b></p> <p>4-5:00 pm Instructor Shelli Sullivan Location TBD</p> 	<p><b>Thursday, May 27</b></p> <p><b>Stamford's Mental Health and Wellness Virtual Summit</b></p> <p>For Students/Parents/Residents Time TBD</p> 



For more information, visit [TheHubCT.org](https://TheHubCT.org)



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