

# May is Mental Health Awareness Month!

## 2018 SCHEDULE OF FREE PUBLIC EVENTS IN SOUTHWESTERN CT

Calendar coordinated & disseminated by Southwest Regional Mental Health Board (SWRMHB), Norwalk, CT, now formally partnered with RYASAP and Communities 4 Action. View online or download at [www.HealthyMindsCT.org](http://www.HealthyMindsCT.org)

Date & Time	EVENT (view at <a href="http://HealthyMindsCT.org">HealthyMindsCT.org</a> )	Location
Exhibit runs from April through May 20 <sup>th</sup> .	 <b>“Nature of the Mind”</b> art exhibit by the Keystone Artists. Exhibit hours: Mon.-Fri. 9am-5pm, Sat. 10am-1pm. <i>Sponsored by Keystone House and ARTWorks Gallery on the Green</i>	Chittim-Howell House, St Paul's on the Green, 60 East Ave., Norwalk
Wed. 5/2 9:30am	 <b>“The Opioid Crisis in CT and Nationwide, including extent, nature, consequences, statistics, response and CT legislation.”</b> A presentation by Susan Bouffard, PhD, of the CT Department of Mental Health and Addiction Services. Open to professionals and the public. Free admission. A light breakfast will be served. RSVP requested: 203-256-3166 or <a href="mailto:tgiegengack@fairfieldct.org">tgiegengack@fairfieldct.org</a> <i>Sponsored by the Fairfield Department of Human Services</i>	Bigelow Center, 100 Mona Terrace, Fairfield
Wed. 5/2 10am-2pm	 <b>Health, Wellness &amp; Recovery Expo 2018.</b> Sponsored by Southwest Community Mental Health System and Stratford Health Department	Birdseye Complex, 468 Birdseye, Stratford
Wed. 5/2 7:30-9pm	 <b>“Do The Potential Benefits Actually Outweigh The Potential Harm From A Variety Of Medications Taken?”</b> A presentation by Swapnil Gupta, MA, MBBS, Assistant Professor of Psychiatry at Yale School of Medicine. Open to all. <i>Sponsored by NAMI Fairfield</i>	1 <sup>st</sup> Congregational Church, 148 Beach Rd, Fairfield
Thu. 5/3 11am-12:30pm	 <b>“The Brain in Bipolar Disorder: A Neuroimaging View.”</b> Grand rounds presentation by Hilary P. Blumberg, MD. 1.0 CME. <i>Sponsored by St. Vincent’s Behavioral Health</i>	St Vincent’s Behavioral Health, 47 Long Lots Rd., Westport
Thu. 5/3 7-8:30pm	 <b>New OCD Peer Support Group.</b> Meetings will be monthly on the first Thursday. Contact <a href="mailto:lynn.flint@att.net">lynn.flint@att.net</a> with questions or just show up!	HSC Building, 1 Park Street, Norwalk
Sat. 5/5 10-11:30am	 <b>2<sup>nd</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 Sen. Bob Duff, Rep. Brenda Kupchick, a proclamation by Mayor Rilling, intention-setting, and a labyrinth! RSVPs encouraged. Please email <a href="mailto:info@healthymindsct.org">info@healthymindsct.org</a> with the number in your group.	Town Green (East Ave at Park Street), Norwalk
Sat. 5/5 2-3:30pm	 Join us for a special <b>“Crafternoon”</b> with art therapist Stephanie Sampson of Silver Hill Hospital! Give an old hardcover book new life by repurposing it into a work of art. Limited to 25 participants. Appropriate for ages 12+. Register at: <a href="https://newcanaanlibrary.org/event/crafternoon-book-art-with-silver-hill-hospital/">https://newcanaanlibrary.org/event/crafternoon-book-art-with-silver-hill-hospital/</a> <i>Sponsored by Silver Hill Hospital</i>	New Canaan Library, 151 Main Street, New Canaan

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Mon. 5/7 9:30-4:30pm	 <b>“Insights into the Voice Hearing Experience: Voices, Visions and ‘Extreme States.’”</b> Jenna Rai Miller, a trainer with both personal and professional experience, awareness and skills in the understanding of the voice hearing experience, brings her one-day workshop back for Mental Health Month. Suitable for anyone wishing to understand more about the voice hearing experience and its relationship to trauma and dissociation. <b>6 CEUs</b> available through CCB and NASW CT. \$75 includes a light lunch. RSVP to <a href="mailto:info@healthymindsct.org">info@healthymindsct.org</a> . Sponsored by Southwest Regional Mental Health Board	Birdseye Complex, 468 Birdseye, Stratford
Mon. 5/7 12-2pm	 <b>Film Screening: “Unnatural Causes: In Sickness and in Wealth”</b> Discussion followed by film concerning how social policies contribute to mental illness, and ideas on how to create and/or confront these policies. RSVP to Portia at 203-621-3775 or <a href="mailto:phoward@opthc.org">phoward@opthc.org</a> . Sponsored by Optimus Behavioral Health	Optimus Behavioral Health, 1351 Washington Blvd, Stamford
Tue. 5/8 11am	 <b>Family Education Series: “Using Effective Coping Skills to deal with Mental Health Issues,”</b> presented by Marguerite McVay, LCSW. Open to consumers and their families.	LifeBridge, 475 Clinton Ave., Bridgeport
Thu. 5/10 1-3pm	 <b>Talent Show!</b> Contact <a href="mailto:joanne.butler@ct.gov">joanne.butler@ct.gov</a> for more info	GBCMHC, 1635 Central Ave., Bpt
Thu. 5/10 7-8:30pm	 <b>Book club discussion</b> of <i>No One Cares about Crazy People</i> , by Ron Powers. Details at <a href="http://www.namifairfield.org">www.namifairfield.org</a> Sponsored by NAMI Fairfield	Fairfield Public Library, Jennings Room, 1080 Old Post Rd., Fairfield
Sat. 5/12 7pm start	 <b>HOPE for Mental Illness Concert</b> , with The SymphoNYChorus. Inspirational music and reflection to bring awareness to challenge and replace the stereotypes, fear, stigma and shame of mental illness. Free admission. <i>In association with NAMI Connecticut</i>	Ridgefield Playhouse, 80 E. Ridge Rd., Ridgefield
Mon. 5/14 7:30am-4pm	 <b>Mental Health First Aid (MHFA) Training</b> is an 8-hour public education program, similar to CPR/First Aid, that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. Open to the public. \$20. Details at Eventbrite.com. Sponsored by the Norwalk Community Prevention Task Force and Norwalk Police Department	Norwalk Police Dept, 1 Monroe St., Norwalk
Wed. 5/16 10am-12pm	 <b>Mental health information table.</b> Come chat with recovery support specialists who will give you advice and answer your questions! Sponsored by FS Dubois Center	Stamford Gov’t Center, 888 Washington Blvd, Stamford
Wed. 5/16 12-3pm	 <b>The Bridesmaid’s Daughter: Lunch and book signing</b> with co-authors Nyna Giles and Eve Claxton. Giles’ mother, Carolyn Scott Reybold, went from a model and bridesmaid at Grace Kelly’s wedding to living in a shelter. Admission \$20. RSVP to Megan Pavia at 203-324-7735 or <a href="mailto:mpavia@laurelhouse.net">mpavia@laurelhouse.net</a> Sponsored by Laurel House	The Field Club, 276 Lake Ave., Greenwich

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Wed. 5/16 7:30-9pm		 <b>Family Support Group.</b> Sponsored by NAMI Fairfield	1 <sup>st</sup> Congregational Church, 148 Beach Rd, Fairfield
5/17 (Rain date 5/18) 9am-2pm		 <b>Annual 3 on 3 basketball tournament and picnic for DMHAS program clients and staff.</b> Email <a href="mailto:joanne.butler@ct.gov">joanne.butler@ct.gov</a> for information. Sponsored by Southwest Community Mental Health System	Short Beach Park, Stratford
Thu. 5/17 7:30-9pm		 <b>“Neuroscience Offers New Hope in Treating Bipolar Disorder,”</b> a presentation by Hilary Blumberg, M.D., of Yale School of Medicine. More info at <a href="http://www.namisouthwestct.org">www.namisouthwestct.org</a> Sponsored by NAMI Southwest	Tully Health Center, 32 Strawberry Hill Court, Stamford
Thu. 5/17 4:30-6:30pm		 <b>Meet Dr. Bernie Siegel, “Sharing the SOULution,” at the Bridge House Family &amp; Friends Night.</b> 4:30: Meet & Greet and clubhouse tours. 5:30: Program begins. Sponsored by Bridge House	880 Fairfield Ave., Bridgeport
Fri. 5/18 12-2:30pm		 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. A light lunch will be provided. RSVP to <a href="mailto:info@healthymindsct.org">info@healthymindsct.org</a> Sponsored by the Norwalk Community Prevention Task Force, Positive Directions and SWRMHB	Smilow Life Center, 55 Chestnut Street, South Norwalk
Fri. 5/18 12-2:30pm		 <b>¡HAGA UNA PREGUNTA, SALVE UNA VIDA!</b> Programa corto gratuito sobre la prevención del suicidio. Habrán refrigerios. Favor de inscribirse llamando al 203-840-1187. Patrocinado por Norwalk Community Prevention Task Force, Positive Directions y SWRMHB	Smilow Life Center, 55 Chestnut Street, South Norwalk
Fri. 5/18 1-4pm		 <b>Hearing Voices Training.</b> Video and simulation using headphones and interactive exercises to allow participants to have a sense of the voice hearing experience. Free; reservations required: 203-551-7418. Sponsored by The Kennedy Center	The Kennedy Center, 2440 Reservoir Ave., Trumbull
Fri. 5/18 6pm start		 <b>Bourbon Street Bash.</b> Join Keystone House for their annual fundraiser – a night in New Orleans. Dinner tickets are \$150. RSVP to <a href="mailto:info@keystonehouse.org">info@keystonehouse.org</a> . Sponsored by Keystone House	Norwalk Inn, 90 East Ave., Norwalk
Sat. 5/19 9am sign in, 10am start		 <b>NAMI Walks!</b> The 15 <sup>th</sup> annual statewide awareness walk and fundraiser for mental health. Register or sponsor a walker at <a href="https://www.namict.org/registerteamnamiconnecticutwalk/">https://www.namict.org/registerteamnamiconnecticutwalk/</a> Sponsored by NAMI Connecticut	Rentschler Field, East Hartford
Sun. 5/20 12-3pm		 <b>Opening Reception for “Expression in Color.”</b> In celebration of Mental Health Month, Rockwell Art and Framing presents artist and art therapist, Kathryn Fitzgerald. Exhibit runs from May 10 to Sept. 1. Sponsored by Rockwell Art & Framing, Mountainside Treatment Center & SWRMHB	Rockwell Art & Framing, 151 Old Ridgefield Rd., Wilton
Mon. 5/21		 <b>Mental health information table.</b> Come chat with recovery support specialists who will give you advice and answer your questions! Sponsored by FS Dubois Center	Ferguson Library, Stamford

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Mon. 5/21 and Tue. 5/22, 10:30-4pm	 <b>Mental Health First Aid (MHFA) Training</b> is a certificate training course, similar to CPR/First Aid, that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. Open to the public. Register by calling 203.863.4444. Light lunch provided. <b>Sponsors:</b> Greenwich Community Health Improvement Project, Greenwich Dept. of Human Services, Greenwich Hospital, Communities 4 Action & Southwest Regional Mental Health Board	Greenwich Town Hall meeting room, 101 Field Point Rd., Greenwich
Mon. 5/21 7-8:30pm	 <b>Book club discussion of <i>An Unquiet Mind</i></b> , by Kay Redfield Jamison. 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> <b>Sponsored by NAMI Southwest CT</b>	Christ Church, Parish Library, 254 East Putnam Ave., Greenwich
Tue. 5/22 7pm	 <b>The Bridesmaid's Daughter: Book signing and Q&amp;A</b> with co-authors Nyna Giles & Eve Claxton. Giles' mother, Carolyn Scott Reybold, went from a model and bridesmaid at Grace Kelly's wedding to living in a shelter. RSVP to <a href="mailto:mpavia@laurelhouse.net">mpavia@laurelhouse.net</a> <b>Sponsored by Laurel House</b>	Darien Library, 1441 Post Rd., Darien
Wed. 5/23 7:30pm	 <b>“Suicide: The Ripple Effect”: Film screening</b> and Q&A with John Draper, director of the National Suicide Prevention Lifeline. <b>SOLD OUT!</b> <b>Sponsored by Silver Hill Hospital</b>	Bow Tie Royale 6, 542 Westport Ave., Norwalk
Tue. 5/29 6:30-8:30pm	 <b>Coming Home from Treatment: A book club discussion</b> led by Deirdre Ekholdt, LCSW, and Vered Brandman, RSS, based on the book <i>Beautiful Boy: A Father’s Journey through his Son’s Addiction</i> , by David Sheff. RSVP to 224-300-3999.	44 Charcoal Hill Rd., Westport
Tue. 5/29 1-4pm	 <b>Hearing Voices Training.</b> Video and simulation using headphones and interactive exercises to allow participants to experience what it can be like to function while experiencing voice hearing. Free, but reservations are required. Call 203-551-7418 or email <a href="mailto:britt.bisson@ct.gov">britt.bisson@ct.gov</a> .	The Kennedy Center, 2440 Reservoir Ave., Trumbull
Wed. 5/30 10am-2pm	 <b>safeTALK suicide prevention training.</b> Register: 203-842-8416 or <a href="mailto:g pisani@hscct.org">g pisani@hscct.org</a> . <b>Sponsored by Human Services Council</b>	Westport, venue TBD
Wed. 5/30 1:30-3:30pm	 <b>Screening and discussion of feature film “Borderline,”</b> the first documentary to capture the lived experience of Borderline Personality Disorder (BPD). An estimated 2 percent of the US population carries the diagnosis. 80% of these people attempt suicide and 10% succeed. Approximately 25% of the in-patient population with substance addiction and 25% of the in-patient population with eating disorders meet the diagnostic criteria for BPD, yet few are actually given a diagnosis. This film aims to break the silence and begin a conversation around this underreported and under-diagnosed mental health issue. RSVP to <a href="mailto:info@healthymindsct.org">info@healthymindsct.org</a> . <b>Sponsored by LifeBridge &amp; SWRMHB</b>	LifeBridge, 475 Clinton Ave., Bridgeport