



May 2022

Mental Health Month Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 	2.	3. Question, Persuade, Refer (QPR) Suicide Gatekeeper Virtual Training 9-10:30AM	4. Virtual Event: Community Mindfulness Project- Mini Mindfulness Burnout Buster Session	5. High Focus Center Open House RSVP to kciarlegio@highfocusers.com to attend.	6.	7. NorWALK for Mental Health+Wellness Fair , Norwalk Town Green, 9:00AM-11:30AM (Vaccines available at the walk from 9AM-12PM)
National Prevention Week (NPW) is a nationally recognized week (May 8-14, 2022) to raise awareness about the importance of substance use prevention and positive mental health.						
8.	9. Free Opioid education/NARCAN training, Community Room, Norwalk City Hall, 12-1PM	10.	11. Virtual Event: Community Mindfulness Project... LGBTQ+ 101 (for any adults who works with Norwalk young people) , 11:30-1:30PM Community Room, Norwalk City Hall Youth Town Hall focused on youth mental health (Virtual) 7-8PM	12. Virtual Training: Suicide Prevention in the Veteran Population , 11:30-1PM	13. Question, Persuade, Refer (QPR) Suicide Gatekeeper Training , 12-1:30PM, Community Room, Norwalk City Hall	14. English and Spanish Readaloud of Gizmo's Pawesome Guide to Mental Health Norwalk Main Library 12-1PM South Norwalk Branch 2-3PM
15.	16. LGBTQ+ 101 (for any behavioral health providers working with Norwalk young people)	17. Question, Persuade, Refer (QPR) Suicide Gatekeeper Virtual Training 9-10:30AM	18. Virtual Event: Community Mindfulness Project...	19. Faith, Spirituality, and Mental Wellness 5-6PM Sanctuary- Cornerstone Community Church In Our Own Voice, 6-7PM, Norwalk Main Library	20.	21. NorWALK for Mental Health+Wellness Fair (Rain date)
22.	23.	24 Question, Persuade, Refer (QPR) Suicide Gatekeeper Virtual Training 7:00-8:30PM	25 Virtual Event: Community Mindfulness Project... Mental Health First Aid Training 8-4:30PM, Norwalk Police Department Email dlewis@norwalkacts.org to register.	26. Webinar: Columbia Suicide Severity Rating Scale Nutrition and its benefits to Mental Health Speaker: Dr. Vaughn Bowman, ND Email dlewis@norwalkacts.org to register	27. Youth Mental Health First Aid Training 9AM-4PM Community Room, Norwalk City Hall	28
29.	30.	31.				