

MAY 2026



MENTAL HEALTH AWARENESS MONTH

MAY 5 11:30-12:30	Healthy Outcomes from Positive Experiences
MAY 11 11:30-12:30	Growing Up Drug Free
MAY 12 11:30-1:00	Be Sensitive, Be Brave for Mental Health
MAY 13 11:30-12:30	The Impact of Empathy in the Workplace
MAY 14 11:30-12:30	Addressing Alcohol Use and Co-Occurring Disorders in Eastern CT
MAY 15 11AM-2PM	SERAC Open House 228 W.Town St Norwich CT 06360
MAY 19 11:30-12:30	The Power of Positive Psychology
MAY 26 1:30-2:30PM	The Loneliness Epidemic and Its Impact on Behavioral Health

NATIONAL PREVENTION WEEK



Please join us for these virtual events.
[Click here](#) for registration or scan code.



For questions please email Deborah @ dwalker@seracct.org