

MAY

Mental Health Awareness Month! Free & public events in Southwestern CT

2022

<p><i>Sunday, May 1</i> Wellness at the Shakespeare Market 10am-2pm 1850 Elm St. Stratford, CT For more Information contact James at 203-385-4095</p> 	<p><i>Tuesday, May 3</i> Question. Persuade. Refer. QPR (suicide prevention) Training 9-10:30am Virtual RSVP here</p>  	<p><i>Tuesday, May 3</i> Coping Skills Workshop for Anxiety & Stress For middle school and high school students and parents Presented by Dr. Aaron Weiner, PhD, ABPP 7:30pm Virtual Register here</p> 	<p><i>Wednesday, May 4</i> Mental Health 101 – Overview of Mental Health Issues in the Modern World 1:00pm Virtual View here</p> 	<p><i>Wednesday, May 4</i> Mental Health Solutions: Improving Care 1-2:00pm Virtual Register here</p> 	<p><i>Wednesday, May 4</i> Naloxone Training 3-4:00pm Virtual Register here</p>    	<p><i>Wednesday, May 4</i> Supporting Adolescent Mental Health Parenting Strategies in 2022 Keynote Speaker: Aaron Weiner, PhD, ABPP 6:30pm Virtual Register here</p> 
<p><i>Wednesday, May 4</i> Strategies to Support Your Child's Mental Health 7:00pm Virtual Register here</p> 	<p><i>Wednesday, May 4</i> Laughter Yoga 7-8:00pm Virtual Register here</p>   	<p><i>Thursday, May 5</i> National Children's Mental Health Awareness Day 2022: Peer Support for Youth and Families 1-2:00pm Virtual Register here</p> 	<p><i>Friday, May 6</i> Dismantling Systemic Racism: 2022 Conference on Race, Education and Success 9:00am-2:00pm Virtual Register here</p> 	<p><i>Saturday, May 7</i> NorWALK for Mental Health 9-11:30am Norwalk Green</p> 	<p><i>Sunday, May 8</i> National Prevention Week Beings MAY 8-14 2022</p>  	<p><i>Monday, May 9</i> NPW Daily Health Theme: Strengthening Community Resilience: Substance Misuse and Overdose Prevention</p> 
<p><i>Tuesday, May 10</i> NPW Daily Health Theme: Preventing Substance Use and Promoting Mental Health in Youth</p> 	<p><i>Tuesday, May 10</i> National Fentanyl Awareness Day Find more information here</p> 	<p><i>Tuesday, May 10</i> An Introduction to Positive Community Norms 1-3:00pm Virtual Register here</p> 	<p><i>Tuesday, May 10</i> The Prevention Monologues: Stories of Prevention and Resilience 1:00PM Virtual Register here</p> 	<p><i>Tuesday, May 10</i> Brain/Behavior Alterations Underlying Self-Injury and Suicide Among Children and Adolescents 2-3:00pm Virtual Register here</p> 	<p><i>Wednesday, May 11</i> NPW Daily Health Theme: Preventing Suicide: Everyone Plays a Role</p> 	<p><i>Wednesday, May 11</i> CT Change The Script Van 11am-1pm West Putnam Ave Greenwich, CT In front of the Greenwich Library</p> 
<p><i>Wednesday, May 11</i> Discovering the Synergy Between Problem Gambling and Substance Misuse Prevention 12pm-1:30pm Virtual Register here</p> 	<p><i>Wednesday, May 11</i> Suicide Prevention Across the Lifespan – a webinar in collaboration with the NEMHTTC 1-2:00pm Virtual Register here</p> 	<p><i>Wednesday, May 11</i> National Suicide Prevention Hotline Launch to 988 – What's on the Horizon 1:00pm Virtual View here</p> 	<p><i>Thursday, May 12</i> NPW Daily Health Theme: The Talen Pipeline: Enhancing the Prevention Workforce</p> 	<p><i>Thursday, May 12</i> Marijuana.TH.CBD.OMG: The Employer's Challenge 9:30am-11:30pm Virtual Register here</p>  	<p><i>Thursday, May 12</i> Suicide Prevention in the Veteran Population 11:30am-1:00pm Virtual Register here</p> 	<p><i>Thursday, May 12</i> The Health of Teens in CT: Results from the CT School Health Survey 2-3:00pm Virtual Register here</p> 



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<p><i>Friday, May 13</i> NPW Daily Health Theme: Prevention is Everywhere: Highlighting Efforts Across Settings and Communities</p>  <p>national prevention week</p>	<p><i>Friday, May 13</i> Lunch & Learn with Recovery Network of Programs 12:30-1:00pm Virtual Register here</p> 	<p><i>Saturday, May 14</i> NPW Daily Health Theme: Celebrating Prevention Heroes</p>  <p>national prevention week</p>	<p><i>Saturday, May 14</i> National Prevention Week Event 10am-3pm Sacred Heart University's Discovery Science Center and Planetarium 4450 Park Ave Bridgeport, CT More info here</p>  	<p><i>Sunday, May 15</i> Youth Empowering Youth to Make Life-Saving Choices 1:00 pm Arch Street, The Greenwich Teen Center RSVP here</p> 	<p><i>Tuesday, May 17</i> Question. Persuade. Refer. QPR (suicide prevention) Training 9-10:30am Virtual RSVP here</p>  	<p><i>Wednesday, May 18</i> Get Help – Reducing Stigma Associated with Mental Health 2:00pm Virtual View here</p>  <p>Substance Abuse and Mental Health Services Administration</p>
<p><i>Wednesday, May 18</i> Naloxone Training 3-4:00pm Virtual Register here</p>    	<p><i>Wednesday, May 18</i> Having Crucial Conversations 12-1:00pm Virtual Register here</p> 	<p><i>Thursday, May 19</i> Early Psychosis Basics 12-1:00pm Virtual Register here</p>  	<p><i>Saturday, May 21</i> NAMIWalks Your Way Connecticut 9:00am Bushnell Park 99 Trinity St Hartford, CT</p> 	<p><i>Tuesday, May 24</i> Clear the Vapor Conference 2022 Register Here</p>  	<p><i>Tuesday, May 24</i> Early Psychosis Treatment Approaches 12-1:00pm Virtual Register here</p>  	<p><i>Tuesday, May 24</i> Youth Question. Persuade. Refer. Training for CT high school students grades 9-12 5:30-7pm Virtual Register here</p> 
<p><i>Wednesday, May 25</i> Clear the Vapor Conference 2022 Register Here</p>  	<p><i>Wednesday, May 25</i> Mental Health Issues in Post-COVID America 2:00pm Virtual View here</p>  <p>Substance Abuse and Mental Health Services Administration</p>	<p><i>Tuesday, May 31</i> NAMI Ask the Expert: Lesson on the Impact of Trauma 2:00pm Virtual Register here</p>  <p>National Alliance on Mental Illness</p>				



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