



# 2009 May is Mental Health Month

## Schedule of Activities in Lower Fairfield County

Date	Time	Event	Description	Location
5-1-09	9a.m.-2p.m.	Ask the Behavioral Health Specialist	An opportunity to get answers to questions about mental health. Videos, literature and information about services will be available.	Norwalk Hospital 5th Floor Cafeteria 24 Stevens St., Norwalk
5-1-09 and 5-2-09	9a.m.-3p.m.	Tag Sale/Bake Sale	To raise money for this year's NAMI walk, all proceeds will be donated to NAMI Greenwich/Stamford.	Pathways in Greenwich 509 Putnam Avenue Greenwich
5-2-09	6:30 p.m.	Laurel House Experience Benefit & Auction	Live & Silent Auction "Undercover" secret art sale—buy artwork worth up to \$15,000 for only \$300 Live performance art - "Symphony in Clay" by Peter Rubino.	UCONN Atrium One University Place Stamford
5-2-09	8:00 p.m.	"Children & Mental Health" Caring Network	In this 30 minute film, parents share their stories about learning to understand their child's mental health concerns	Channel 77 in the Greater Bridgeport viewing area
5-4-09 to 5-8-09	9:00 a.m.- 4:00 p.m.	Information and Resource Table	Mental Health Awareness Information table -get information and answers to questions about mental health.	St. Vincent's & Hall-Brooke Behavioral Health 47 Long Lots Rd., Westport
5-4-09	6:00 p.m.	Essay Contest Awards	Awards for best essays on mental illness by Greenwich H.S. students. Winners will receive their prizes and read their essays. Prize money donated by the Margaret Ray Memorial. Light refreshments, free of charge, open to public.	2nd Floor Meeting Room Greenwich Library 101 Putnam Ave. Greenwich



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Date	Time	Event	Description	Location
5-5-09	10 a.m. - 2 p.m.	Mental Health Awareness at the LOB	Mental health awareness activities and advocacy. Sponsored by the Keep the Promise Coalition, MHAC and NAMI-CT.	Legislative Office Building Hartford
5-5-09	11 a.m.-1 p.m.	“Opening Doors, Opening Minds”	Film, discussion and luncheon. Showing of film “Opening Doors, Opening Minds” with a discussion led by the two individuals featured in the film: Richard Weingarten and Amy Johnson.	FSW 475 Clinton Ave Bridgeport
5-6-09	7:30-9 p.m.	“Current Trends in Psychiatric Medication”	Dr. Alexander Koleszar, MD - guest speaker at NAMI Fairfield. He will speak about the different categories of psychotropic medications.	1st Congregational Church Eliot Room Library 148 Beach Rd, Fairfield
5-7-09	7:00 p.m.	“Young Adults & College” Caring Network	A film about the college years of 3 young adults whose lives were unexpectedly interrupted by mental illness.	Channel 77 in the Greater Bridgeport Area
5-7-09	5:30 p.m.	Keystone House 15th Annual Fundraiser	Silent & Live Auction	Continental Manor 112 Main Street, Norwalk
5-8-09	10-3:00 p.m.	“Virtual Reality Hallucinations”	Participants will put on head sets that have commanding voices to simulate the experience of those who have audio hallucinations.	Bridgeport Hospital Lobby 267 Grant St., Bridgeport
5-8-09	11-12 p.m.	“Recovery in Schizophrenia”	Individuals speak about their personal experiences with schizophrenia and their successful recoveries.	Keystone House 141 East Avenue, Norwalk



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5-9-09	8:00 p.m.	"Young Adults & College" Caring Network	A film about the college years of 3 young adults whose lives were unexpectedly interrupted by mental illness.	Channel 77 in Southwestern CT viewing area
5-9-09 and 5-10-09	12-8 p.m.  12-4 p.m.	7th Annual Mother's Day Art Show	Art Show & Sale Free Admission, Refreshment & Door Prizes!	St. Vincent's & Hall-Brooke Behavioral Health 47 Long Lots Road Westport
5-12-09	11-12 Noon	"What is NAMI-CT?"	Alicia Woodsby from the CT office of NAMI, speaks about the National Alliance on Mental Illness (NAMI) and how consumers and family members can get involved.	Keystone House 141 East Avenue Norwalk
5-12-09	1-4:00 p.m.	Talent Show	Come & join us as consumers display their talents. You will have a great time listening to all kinds of music.	Greater Bridgeport Community MH Center 1635 Central Ave. Bridgeport
5-14-09	7:30 p.m.	"Scattershot" Author David Lovelace	The author of "Scattershot", the 2008 memoir of his family's own bipolar disorder, will take excerpts from his book to illustrate his observations about mania, meds and getting help. Followed by Q&A. Light refreshments, free of charge, open to public.	NAMI Fairfield First Congregational Church 148 Beach Road, Fairfield
5-14-09	8:00 p.m.	"Men & Depression" Caring Network	A film about men & depression, part of the Caring Network Film Series.	Channel 77 in Greater Bridgeport Area



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Date	Time	Event	Description	Location
5-15-09	4-7p.m.	Celebrating Wellness & Diversity	A celebration of diversity through music and dance, combined with an old fashioned backyard barbecue with healthy entrees.	Bridge House 880 Fairfield Ave. Bridgeport
5-16-09	9 a.m.	NAMI Walks for the Mind of America	Registration begins at 9 a.m. Walk begins at 10 a.m. Live Band, Corporate Giveaways and plenty of good spirit!	Bushnell Park Hartford
5-16-09	8:00 p.m.	"Men & Depression" Caring Network	A film about men & depression, part of the Caring Network Film Series.	Channel 77 in the South-western CT viewing area
5-19-09	10:00- 11:30 a.m.	"The Importance of Therapy"	The importance of therapy and medications, including coping skills. Dr. Sundar Ramaswami, F.S. Dubois Center	St. Luke's Lifeworks 141 Franklin Street Stamford
5-19-09	10:00 a.m.	3 on 3 Basketball	Put together a 3 person team and compete against other teams. Or, come alone and join a team. Refreshments will be available.	Short Beach Stratford
5-20-09	4:30 - 7:30 p.m.	"A Beautiful Mind"	A free showing of the movie "A Beautiful Mind", a film about the struggles and successes of John Nash in his journey with schizophrenia.	Bridgeport North Branch Library 3455 Madison Ave. Bridgeport
5-21-09	10:00 a.m.	Scavenger Hunt	Join the PUSH team for a recovery oriented scavenger hunt. Search Wolfe Park for things that make you feel good. Join the fun, make new friends and discover things that make you happy.	Wolfe Park Monroe



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5-21-09	4-7:00 p.m.	Friends & Family Open House	Family and Friends are invited to come and learn about the programs of Bridge House as well as community resources. There will be tours, light refreshments, videos and discussion.	Bridge House 880 Fairfield Ave. Bridgeport
5-21-09	7:00 a.m.	"Women in Recovery" Caring Network	A film about 3 women living with mental illness and their personal recovery stories. Part of the Caring Network Film Series.	Channel 77 in the Greater Bridgeport viewing area
5-23-09	8:00 p.m.	"Women in Recovery" Caring Network	A film about 3 women living with mental illness and their personal recovery stories. Part of the Caring Network Film Series.	Channel 77 in the Southwestern CT viewing area
5-26-09	11:00 a.m.	Softball	Like to play softball? Here is your chance to play and meet new friends. PUSH is presenting a day of softball. Come and join a team and have lots of fun. Everyone is invited.	Beardsley Park Bridgeport
5-26-09	2:00 p.m.	Sing-a-Long	Approximately 20 members of The Monroe Senior Center will come to the Geri-Psychiatric Unit to entertain and interact in song.	Bridgeport Hospital R8 Unit 267 Grant St., Bridgeport
5-28-09	11 a.m.- 12:30 p.m.	"Confidentiality, Privilege & HIPPA"	Presented by: Dr. Paul Appelbaum Information about the rules underlying confidentiality and privilege in mental health treatment.	St. Vincent's -Hall-Brooke Westport Campus 47 Long Lots Road Westport



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Date	Time	Event	Description	Location
5-28-09	10 to 12 Noon	"How to Approach Personal & Social Issues around Mental Health"	Robert Pernice, Senior Social Worker and Dr. Norma Kirwan, Director of the Dorothy Bennett Behavioral Health Center, talk about person and social issues for individual s living with mental illness.	St. Luke's Lifeworks Conference Rm A&B 141 Franklin St., Stamford
5-28-09	11- 12 Noon	"Photo Voice"	Consumers present their photo essays that tell their personal recovery stories.	Keystone House 141 East Avenue Norwalk
5-28-09	1:30 p.m.	Comfort Pillow Presentation	Pillows have been made by NAMI members for presentation to the Geri-Psychiatric Patients who are on Bridgeport psychiatric unit.	Bridgeport Hospital Lobby 267 Grant St. Bridgeport
5-28-09	2-5:00 p.m.	Hearing Voices that are Distressing Simulation	Participants will experience what it is like to meet the demands and expectations of the world while hearing distressing voices, simulating the experiences of those who have auditory hallucinations.	The Kennedy Center 2440 Reservoir Ave. Trumbull, CT
5-28-09	7:00 p.m.	"Children & Mental Health" Caring Network	In this 30 minute film, parents share their stories about learning to understand their child's mental health concerns .	Channel 77 in the Greater Bridgeport viewing area
5-29-09	1-3:00 p.m.	Show & Tell for Creative Strokes Network	Peer driven community service network where the peers will be showing videos & sharing their experience with the "paint-a-room" project & "community room" makeover.	Greater Bridgeport Community MH Center 1635 Central Ave. Bridgeport



## 2009 May is Mental Health Month: Ongoing Support Groups in Fairfield County

GROUP	WHEN	WHERE	CONTACT
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:00-8:30PM 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of the month	<b>Silver Hill Hospital</b> Group Room 5, Jurgenson Bldg., East Campus 208 Valley Rd, New Canaan	Peter, 203-322-3383 pcase@optonline.net
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	6:30-8:00PM Last Tuesday of the month	<b>St. Vincent's (Hall Brooke) Behavioral Health</b> Community Room 47 Long Lots Rd, Westport	Jim, 203-362-3929 jbombaci@stvincents.org
<b>YAPS—Young Adult Peer Support</b> (ages 16-26) - for young adults with mental illness	8:30-9:45 PM Every Wednesday	<b>Cranbury Community Chapel</b> 365 Newtown Avenue, Norwalk	Kalan Ross at <a href="mailto:kalan@yapsgroup.org">kalan@yapsgroup.org</a> or (203) 681-5245.
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:30-9PM, 1 <sup>st</sup> Wednesday of the month	<b>Tully Health Center</b> Conf. Room B (1 <sup>st</sup> floor) 32 Strawberry Hill Ct., Stamford	Peter, 203-322-3383 pcase@optonline.net
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:30-9PM 2 <sup>nd</sup> Wednesday of the month	<b>St. Joseph's Manor</b> The Lodge 6488 Main Street, Trumbull	203-459-1033
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:00-9PM 3 <sup>rd</sup> Wednesday of the month	<b>First Congregational Church</b> Elliot Room Library 148 Beach Rd., Fairfield	203-259-8396
<b>Spanish NAMI Family Support Group...</b> <b>discussions conducted in Spanish</b>	6:30-8:30 PM Last Wednesday of the month.	<b>Tully Health Center</b> Conf. Room B (1 <sup>st</sup> floor) 32 Strawberry Hill Ct., Stamford	Irma, 203-962-4094 irma.santiago@po.state.ct.us
NAMI Connections Recovery Support Group...for <b>individuals living with mental illness</b>	3-4:30 PM Every Sunday	<b>Pathways residence</b> 509 E. Putnam Ave. (corner Brookridge Dr.) Greenwich	Ron, 203-485-0037 ronarvoy@gmail.com