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| *Monday, May 3*  **How to Parent to Prevent Substance Abuse, Communicate to Build a Trusting Relationship and Raise Children with Grit and Resilience**  7pm - Zoom - Register [Here](https://zoom.us/webinar/register/WN_RlNhg0t0TDaMCzVard63kg) | **Tree of Hope Tree Lighting**  7:30 pm  Sherman Town Green  Fairfield, CT | *Tuesday, May 4*  **Question. Persuade. Refer**  **QPR (suicide prevention) Training**  5-6:30 pm Virtual  RSVP by emailing  [info@thehubct.org](mailto:info@thehubct.org)    Z:\Daniella Arias\logo.png | **Stress Reduction Techniques for Life Harmony with Chris Salem**  6PM Virtual  Register [Here](https://us02web.zoom.us/webinar/register/WN_JXJ9VESbQ0ulj1zl2vkgiw) | *Wednesday, May 5*  **Narcan Training**  3-4:00pm Virtual  Register by emailing Kaitlin [kaitlin@ryasap.org](mailto:kaitlin@ryasap.org)    Z:\Daniella Arias\logo.png | **SMART Recovery Teen Group**  Free in-person groups for Norwalk Teens  3:30-5:00pm  BMHS/CGS Room 1205 | *Thursday, May 6*  **Question. Persuade. Refer**  **QPR (suicide prevention) Training**  9-10:30am Virtual  RSVP to Margaret at  [mwatt@positivedirections.org](mailto:mwatt@positivedirections.org)    Z:\Daniella Arias\logo.png |
| **Adolescent Mental Health in the time of COVID-19**  1-2:00pm  Register [Here](https://harvard.az1.qualtrics.com/jfe/form/SV_37YfMzWSFnFYSJU) | | **Suicide Safer Care: Suicide Prevention in Primary Care**  3-4:00 pm Virtual  Register [Here](https://education.psychiatry.org/diweb/catalog/item?id=6506366) | *Sunday, May 9*    National Prevention Week Begins | *Monday, May 10*  **“If They Had Known”**  Online Documentary Viewing about mixing prescription drugs with alcohol  7-8pm  RSVP for Zoom at [info@positivedirections.org](mailto:info@positivedirections.org) | *Wednesday, May 12*  **CT Change the Script Van**  11-1pm, 299 Greenwich Ave, Greenwich | **Calm for the Community**  **Wellness fair and CT Change the Script Van**  For parents of school children  2:30-5pm  Sherman Town Green | **CT Drug Trends: Bridging The Gap Between Public Health and Public Safety**  2-3:00 pm Virtual  Register at  <https://www.ctclearinghouse.org/registration/> |
| **Adolescent Mental Health in 2021**  Challenges & Caregiver Strategies w/ Dr. Aaron Weiner  6:30pm  Register [Here](www.westporttogether.org) | | **SMART Recovery Teen Group**  Free in-person groups for Norwalk Teens  3:30-5:00pm  NHS/PTECH Math Resource Center | **Youth Town Hall on Mental Health**  7-8:00pm  Online  More info [Here](https://www.norwalkacts.org/) | *Thursday, May 13*  **New England PTTC Vaping Graphic Panel**  1:00 pm, Zoom | **Narcan Training**  10-12:00pm Virtual  Register by emailing Cherish  [Cherish.robertson@liberationprograms.org](mailto:Cherish.robertson@liberationprograms.org)    Z:\Daniella Arias\logo.png | **Early Psychosis Basics**  2-3:30 pm Zoom  Register at  <https://www.eventbrite.com/e/early-psychosis-basics-training-tickets-151252288667> | **Read Along of Gizmo’s Pawesome Guide to Mental Health**  7-7:45pm Virtual  For youth ages 5-11  Register at <https://ctstatewidegizmo.attendease.com/> |
| *Monday, May 17*  Raising Children with Resilience and Grit During the Pandemic & Beyond  10-12 pm  Register [Here](https://www.eventbrite.com/e/raising-children-with-resilience-and-grit-during-the-pandemic-and-beyond-tickets-152750357431) | | | **Question. Persuade. Refer**  **QPR (suicide prevention) Training**  5-6:30 pm Virtual  RSVP by emailing  [info@thehubct.org](mailto:info@thehubct.org)    Z:\Daniella Arias\logo.png | *Tuesday, May 18*  “Learning to Cope When Things Get Tough”  Workshop made by & for young people in CT  3:30-5:00pm  Virtual – more info [Here](https://turningpointct.org/) | *Wednesday, May 19*  **Narcan Training**  3-4:00pm Virtual  Register by emailing [kaitlin@ryasap.org](mailto:kaitlin@ryasap.org)  Z:\Daniella Arias\logo.png | **A Better High: Laugh, Help, Run, Love & Other Ways to Get Naturally High**  7-8:30 pm  Presentation with author Matt Bellace  Register [Here](https://fairfieldcares2021annualevent.eventbrite.com/) | **Shattering The Stigma of Mental Health**  **Emily Torchiana TEDx Speaker and Suicide Attempt Survivor**  7-8:30 pm Woodway Country Club 540 Hoyt ST. Darien, CT  Or  Virtually – Register at [Here](newcanaancares.org)  C:\Users\Darias\Downloads\unnamed.jpg | **SMART Recovery Teen Group**  Free in-person groups for Norwalk Teens  3:30-5:00pm  BMHS/CGS Room 1205 |
| *Thursday, May 20*  **Prevention, Wellness, and Healing: A Symposium With a Youth Perspective**  9-2:00 pm  Register [Here](https://ctserc.org/events?trumbaEmbed=view%3Devent%26eventid%3D152248461) | | | *Friday, May 21*  **2021 Women & Opioids Conference**  9-4pm - Zoom  Register [Here](https://womensconsortium.configio.com/pd/503/2021-women-opioids-conference) | *Saturday, May 22*  NAMIWalks Your Way CT: A United Day of Hope  All Day – Social media and live feeds  Register [Here](https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1067) | Norwalk Mental Health Fair  11-2:00 pm  Location TBD | *Wednesday, May 26*  **Question. Persuade. Refer**  **QPR (suicide prevention) Training**  11:30-1:00 pm Virtual  RSVP by emailing  [info@thehubct.org](mailto:info@thehubct.org)    Z:\Daniella Arias\logo.png | **Laughing Yoga**  4-5:00 pm  Instructor Shelli Sullivan  Location TBD | **SMART Recovery Teen Group**  Free in-person groups for Norwalk Teens  3:30-5:00pm  NHS/PTECH Math Resource Center |
| *Thursday, May 27*  **Stamford’s Mental Health and Wellness Virtual Summit**  For Students/Parents/Residents  Time TBD | | | **Firearms, Means Safety, and Suicide Prevention: A Clinical Workshop**  1-4:30 pm Cost $40  Register [Here](https://www.suicidology.community/store/viewproduct.aspx?id=18293697) |  |  |  |  |  |