

**DMH 2015 MAY IS MENTAL HEALTH MONTH ACTIVITIES
MENTAL HEALTH MATTERS TO EVERYONE!**

JOIN DMH FOR THE 21st ANNUAL PERFORMANCE OF EXPRESS YOURSELF

Thursday May 21
7 p.m.
Citi Performing Arts Center
Wang Theater, Boston

Visit www.exyo.org
for more information



CENTRAL MASS AREA

May 8
Health Fair at Tradewinds
9:30 a.m. to noon
309 Main St, Southbridge, MA 01550
(508) 765-9947

NORTHEAST SUBURBAN AREA

Northeast

May 1
Vinfen presents A Community Event to Honor Mental Health Awareness Month
Noon to 2 p.m.
Lawrence Heritage State Park
1 Jackson Street, Lawrence, MA 01840
Phone: 978-681-7753
Email: coppingerth@vinfen.org
Lunch will be provided. This year's theme is B4 Stage 4— Early Intervention!
Many people do not seek treatment in the early stages of mental illness because they don't recognize the symptoms. Join us for the gala reception of our Clubhouse Art Gallery.

May 16
Northeast Suburban Area will have a team in the NAMI Walk to raise awareness.
Visit <http://namimass.org/nami-walk> for more information about the walk.

May 21
Vinfen Corporation Northeast Area CBFS Programs Recovery Celebration

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Tania Ruiz

439 South Union Street, Bldg. #2, Suite 206
Lawrence, MA 01843
(978)469-8245
Contact: ruizt@vinfen.org

At Tewksbury Hospital:

- Month-long display at Tewksbury Public Library As part of May is Mental Health Awareness Month. Free brochures of educational material on mental health.
- May 22, Raffle, Flea Market, Bake Sale, VAST Sale Fundraiser for Patient Canteen-Lobby of Tewksbury Hospital
- May 27, Annual Rehab Department Community BBQ

Metro Suburban

May 6

7 to 9 p.m.- Substance Use & Teenage Brain: From Use to Abuse to Addiction Workshop at Wayside Youth & Family Support Network, Framingham

May 14

7 to 9 p.m.- What to do When Your Child/Youth is in Mental Health Crisis Panel Discussion at Wayside Youth & Family Support Network, Framingham

May 18

6:30 to 8:30 p.m. - Crisis Panel Workshop: What to do when your child/youth is in mental health crisis at 118 Central Street, Waltham

May 20

6:30-8:30 p.m. - Workshop on Substance Use and Abuse Dangers at 118 Central Street, Waltham, MA

DMH Site Offices:

- **West Suburban**
 - May 9, 2p.m. Westborough Cemetery Project Memorial Services, 106 South Street, Pine Grove Cemetery, Westborough
 - May 2, Advocates "See Me 5K Race at Hopkinton State Park in Hopkinton
 - May 7, Employment Options: Incredible Edibles Gala at 6p.m. at the Charter Oak Country Club in Hudson
- **Lowell**
 - Bridgewell will be conducting Depression Screenings
 - May 16: Renaissance Club is participating in the NAMI Walk
 - May 21, Vinfen is having a Recovery Celebration at 5:30 p.m.
- **Essex North**
 - May 1, Point After Club will host a community event to honor Mental Health Month from noon to 2 p.m. at Lawrence Heritage State Park

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- **Metro North**
 - May 21, Horizon House will host a half day Wellness Event on from 10 a.m. to 1 p.m.

SOUTHEAST AREA

- **Fall River**

May 4, 2015

6:30 to 7:30 p.m.

Corrigan Mental Health Center cafeteria

Lynne Olsen-Vieira – speaker at the May NAMI event and will talk about DMH adult outpatient psychiatric services. This program is open to the community too.

- **New Bedford**

May 15

Aging and Mental Health Conference

9 a.m. to 3:30 p.m.,

White's of Westport

Hosted by New Bedford along with Mass Association of Older Americans, Coastline Elderly Services, Bristol Elder Services and Steward Health Care. "Trauma, Aging and Well-Being During Later Life" This will include CEU's for DMH staff.