

# MAY 2019

## Mental Health Awareness Month

**#MayAndEveryDay** 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Sta	te House Launch	Closed Event For Clergy	MENTAL HEALTH FIRST ALD	sket!
5	6	Singing to Connect Soul & Spirit	Motherhood & Mental Health	Guardian of the Golden Gate	10	er s ma
12	13	Express Yourself! Musical Tools for Emotional Communication	Children's Mental Health	16	17	al farm 18
Me2/Music for Mental Health	20	Calming the Body to Clear the Mind	LGBTQIA- & Mental Health	MENTAL HEALTH BRANCE	24	25 25 2noh
26	"The Welcome"	The Brain's Pathways: Musical Tools for Mental Health	PTSD & Trauma Informed Care	this is how it always	31	Visit

### Visit riverbendcmhc.org for more information!



#### "Do You Know..." The Art Show

The Art Show will be open *all month*Kimball Jenkins Carriage House – 266 N Main St
Free and open to the public



#### Kevin Briggs, Guardian of the Golden Gate Bridge

May 9th at 7 PM Concord City Auditorium – 2 Prince St Buy tickets at riverbendcmhc.org



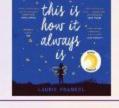
#### Me2 Orchestra

May 19th at 4 PM Concord High School – 179 Warren St Free and open to the public



#### This Is My Brave

May 23rd at 7 PM Concord High School – 179 Warren St Buy tickets at riverbendcmhc.org



#### Riverbend Reads with Laurie Frankel

May 30th at 5:30 PM Hotel Concord – 11 S Main St Buy tickets at riverbendcmhc.org



#### Mental Health First Aid

For more information or to sign up visit riverbendcmhc.org



#### NH Gay Men's Chorus & LGBTQIA+ Panel Discussion

May 7th at 7 PM Concord Community Music School - 23 Wall St Free and open to the public



#### Good Vibes: Music & Mental Health Series TUESDAYS

12:10-12:50 PM Concord Community Music School – 23 Wall St Free and open to the public



#### Lunch and Learns WEDNESDAYS

12-1 PM Center for Health Promotion – 49 S Main St Free and open to the public



#### Documentary: "It's Criminal"

May 15th at 6 PM Red River Theatres – 11 S Main St Buy tickets at redrivertheatres.org



#### Documentary: "The Welcome"

May 27th at 11 AM Tad's Place at Havenwood – 149 East Side Dr Free and open to the public

#### Saturdays

Farmer's Markets are open! Grab some fresh, local goods to cook healthy meals for your family. Visit Riverbend's for a new recipe each Saturday!

#### Sundays

Get outside this weekend! Visit visitnh.gov/things-to-do for fun activities in NH!