



RIVERBEND  
Treatment Works!

FUPTS HEALTH  
FREEDOM

# MAY 2019

## Mental Health Awareness Month

#MayAndEveryDay

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 State House Launch	2 Closed Event For Clergy	3 	4
5	6	7 Singing to Connect Soul & Spirit	8 Motherhood & Mental Health	9 Guardian of the Golden Gate	10	11
12	13	14 Express Yourself! Musical Tools for Emotional Communication	15 Giving Day! "It's Criminal"	16	17	18
19 Me2 Music for Mental Health	20	21 Calming the Body to Clear the Mind	22 LGBTQIA+ & Mental Health	23 this is my BRAVE	24	25
26	27 "The Welcome"	28 The Brain's Pathways: Musical Tools for Mental Health	29 PTSD & Trauma Informed Care	30 this is how it always is	31	18-31 <i>Visit your local farmer's market!</i>

Visit [riverbendcmhc.org](http://riverbendcmhc.org) for more information!

	<b>"Do You Know..." The Art Show</b> The Art Show will be open <i>all month</i> Kimball Jenkins Carriage House – 266 N Main St Free and open to the public		<b>NH Gay Men's Chorus &amp; LGBTQIA+ Panel Discussion</b> May 7th at 7 PM Concord Community Music School - 23 Wall St Free and open to the public
	<b>Kevin Briggs, Guardian of the Golden Gate Bridge</b> May 9th at 7 PM Concord City Auditorium – 2 Prince St Buy tickets at <a href="http://riverbendcmhc.org">riverbendcmhc.org</a>		<b>Good Vibes: Music &amp; Mental Health Series TUESDAYS</b> 12:10-12:50 PM Concord Community Music School – 23 Wall St Free and open to the public
	<b>Me2 Orchestra</b> May 19th at 4 PM Concord High School – 179 Warren St Free and open to the public		<b>Lunch and Learns WEDNESDAYS</b> 12-1 PM Center for Health Promotion – 49 S Main St Free and open to the public
	<b>This Is My Brave</b> May 23rd at 7 PM Concord High School – 179 Warren St Buy tickets at <a href="http://riverbendcmhc.org">riverbendcmhc.org</a>		<b>Documentary: "It's Criminal"</b> May 15th at 6 PM Red River Theatres – 11 S Main St Buy tickets at <a href="http://redrivertheatres.org">redrivertheatres.org</a>
	<b>Riverbend Reads with Laurie Frankel</b> May 30th at 5:30 PM Hotel Concord – 11 S Main St Buy tickets at <a href="http://riverbendcmhc.org">riverbendcmhc.org</a>		<b>Documentary: "The Welcome"</b> May 27th at 11 AM Tad's Place at Havenwood – 149 East Side Dr Free and open to the public
	<b>Mental Health First Aid</b> For more information or to sign up visit <a href="http://riverbendcmhc.org">riverbendcmhc.org</a>	<b>Saturdays</b>	<b>Sundays</b>
		Farmer's Markets are open! Grab some fresh, local goods to cook healthy meals for your family. Visit Riverbend's <a href="#">f</a> page for a new recipe each Saturday!	Get outside this weekend! Visit <a href="http://visitnh.gov/things-to-do">visitnh.gov/things-to-do</a> for fun activities in NH!