

NORTHEAST SUBURBAN AREA
MAY IS MENTAL HEALTH MONTH
ACTIVITIES

AREA:

- 5/10/14 Northeast Suburban Area's participation in the NAMI Walk. Will have a table with information.
- 5/29/14 from 10:00 AM –Noon the Citizen Advisory Boards of the Northeast Suburban Area along with persons served, families, advocates for the mentally ill , DMH Site Offices and services providers will gather at the Cemetery on the grounds of the Former Danvers State Hospital for Memorial Service and Time of Remembrance in honor of the individuals buried on these grounds.

TEWKSBURY HOSPITAL PSYCHIATRIC UNITS:

- Display about Mental Wellness at Tewksbury Library all month
- Installation of art project in Social Club
- May 7-Swing Band
- May 10-NAMI walk
- May 16-Coffee House with First Parish UU Youth Group
- May 22-Express Yourself show at Wang Theater
- May 23-Raffle in lobby
- May 28-Open House at Rehab and Community Cookout
- Rock and Roll Concert with Tunefoolery TBA

EAST SUBURBAN SITE:

- Edinburg Center activities:
 - The ROC (Recovery Oriented Culture) group is holding an Employment Fair on May 14 at 1040 Waltham Street. Activities will include Do's and Don't's of interviewing, How to Fill Out an Online Application, Networking, Why Work? and How Volunteering Can Lead Some People to Employment. The event will be capped by a Dress for Success Fashion show.
 - Night of Shining Stars on May 22 to honor clients, families, and staff. Community members will also be honored at a luncheon on May 1.
 - Opportunities will hold an Art Show – Date in May to be announced.
 - Team of walkers – The Edinburg Shining Stars – at the NAMIWalk.
 - The MetroSuburban Advocacy Initiative East, of which The Edinburg Center is a member, will host a MetroSuburban East Legislative Breakfast on May 16 at the Hellenic Center in Watertown.
 - Co-sponsor Honoring the graves at Metfern Cemetery on May 6.

ESSEX NORTH SITE:

- Haverhill Clubhouse:
 - The club will be attending NAMI walk May 10, 2014
 - The club will be hosting a speaker from NAMI: "In our own voices" May 14, 2014
 - The club will be part of a fundraising event supporting the Knights of Columbus : "The Tootsie Roll Drive" May 15, 16 and 17, 2014
 - Every Wednesday during community meeting, a round table discussion : " Eight Dimensions of Wellness"
- Lawrence Point After Club:
 - This year's theme for Mental Health Awareness Month is "Mind your Health".
 - Thursdays: 5/1, 5/8, 5/15, 5/22, 5/29 at 1:30 pm: Reviewing SAMHSA's Eight Dimensions of Wellness.
 - Saturday, 5/3 Fiesta de Salud (Celebrating Health) – Senior Center, Lawrence, MA
 - Thursday, 5/8: 4-6 pm Recovery Stories from Point After Club Members.
 - Saturday, 5/10: NAMI Walk
 - Thursday, 5/21: 11-1 "Mind your Health" Ceremony & Lunch – Lawrence Heritage State Park, Lawrence, MA

LOWELL SITE:

- **MHA:**
 - conduct a depression screening day in collaboration with the Greater Lowell Health Alliance, Mental Health Task Force.
 - MHA and the Task Force will be distributing materials “geared towards building public recognition about the importance of mental health to overall health and wellness; informing people of the ways that the mind and body interact with each other; and providing tips and tools for taking positive actions to protect mental health and promote whole health. “
 - We are also encouraging the public to learn more about Mental Health Awareness Month, by visiting Mental Health America’s web site: <http://www.mentalhealthamerica.net/may>

LYNN SITE:

- 5/1/14 - Wellness and Stress Management Mini Retreat at the Lynn Site Office. EAP will conduct a stress management workshop and bringing in folks that can do mini massages for staff

NORTH SHORE:

- Showing a video about the 2002 Cemetery Restoration Project at the former DSH several times during the month of May 2014

SOUTH SUBURBAN SITE:

- The whole Month of May – Burst the Stigma, Young Adult Flash Mob. Please contact
- bonnysaulnier@gmail.com for more information
- May 8th - Atlantic Clubhouse, Beats of Recovery, 4:00pm-6:30pm.
- May 14th – Storytellers, 9:30am-1:00pm @ Quincy Mental Health Center. Please RSVP Kim Anderson @ 617-984-1070
- May 15th – South Shore Mental Health CBFS, Arnold Arboretum Lilac Viewing @ 1:00pm

SOUTHWEST SUBURBAN SITE:

- **Neponset River House, 595 Pleasant St., Norwood MA 02062 781-762-7075**
 - NAMI Walk at Artesani Park, Brookline, MA - May 10 – 11 am – 1 pm
 - Riverside Annual Appreciation Night – May 19 – 7 pm – 8:30 pm
 - Memorial Day Mental Awareness Cookout – May 26 – 10 am – 4 pm
 - Laying of the Flower’s @ Medfield State Hospital Cemetery – May 27 – 2 pm
 - Mental Health Awareness Month Tables, Mondays 11am-1pm @ CITGO Gas Station-Norwood, Tuesdays @ Stop n Shop in Walpole, Thursdays @ D&G Deli-Norwood, and Fridays @ Roche Bros. in Westwood; Promoting the Neponset River House, selling raffle tickets, stigma busting materials, SNAMI brochures, Norwood resource manuals, etc.
- **Elliot House, 255 Highland Ave., Needham, MA 02494 781-449-1212**
 - NAMI Walk at Artesani Park, Brookline, MA - May 10 – 11 am – 1 pm
 - Riverside Annual Appreciation Night – May 19 – 7 pm – 8:30 pm at the Newton Marriott – Elliot House Member Mark Laurendeau is receiving an award celebrating his recovery
 - Memorial Day Stigma Busting Barbecue – May 26 – 10 am - 4 pm
 - Spring Luncheon – May 28 – 1 pm
 - Health & Wellness Meeting – Focusing on Mental Wellness & Recovery – Mondays In May at 2 pm

WEST SUBURBAN SITE:

- **Employment Options**
 - May 1st, NAMI Workshop - Employment Options
 - May 2nd – Women’s Conference “Stories of Success” - Dream Factory Community
 - May 10th - NAMI Walk
 - May 21st Roast- Mental Health Video will be showcased with over 200 attendees
 - May 23rd – Celebrating each other- Hawaiian Lua
 - May 30th - Flowers and Acknowledgement- Honoring those Before Us- Flowers will be distributed on the hollow grounds of unmarked graves in Westborough
 - Throughout May Constant Contact Messaging focusing on our 45.9

- **The Bridge:**
 - The NES division is planning a cookout and activity day at Hopkinton State park for all of the programs. People will be inviting friends and family.
 - In addition, The Bridge is a sponsor and partner and Barry a speaker for the Common Pathways Mental Health Summit on May 1 which is a May is Mental Health event.

- **Advocates:**
 - The See Me 5K Road Race is at Hopkinton State Park on 5/3/14.