



Celebrating **May** is Mental Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Mental Health Monday Community Fundraiser @ any CT Bertucci's All Day	3 Sweet Frog Community Fundraiser West Hartford 6:00 p.m. – 9:00 p.m.	4 Wellbeing@Work Torrington 7:30 a.m. – 9:00 a.m.	5 <i>National Children's Mental Health Awareness Day</i>	6 <i>Clifford Beers founded MHC in 1908</i>	7
8	9 Mental Health Monday Community Fundraiser @ any CT Bertucci's All Day	10 Ninety Nine Restaurant Community Fundraiser <u>Groton</u> and <u>Torrington</u> 5:00 p.m. – 8:00 p.m.	11	12	13	14
15	16 Mental Health Monday Community Fundraiser @ any CT Bertucci's All Day	17 Wellbeing@Work Hartford 7:30 a.m. – 9:00 a.m.	18	19 Friendly's Restaurant Community Fundraiser All CT locations All Day	20	21 Join Team MAX at the NAMI Walk Bushnell Park 10:00 a.m.
22	23 Mental Health Monday Community Fundraiser @ any CT Bertucci's All Day	24	25 Wellbeing@Work Danbury 7:30 a.m. – 9:00 a.m.	26	27	28
29	30 Walk with MHC Berlin Memorial Day Parade 9:00 a.m. Mental Health Monday Community Fundraiser @ any CT Bertucci's All Day	31	 Happy Mental Health Month!  Celebrate Mental Health Month with Mental Health Connecticut (MHC) by joining us at an event, following us on social media, and enjoying our Community Fundraisers at a local restaurant where a portion of your purchase will benefit MHC and our mission of improving mental health for all Connecticut residents. Click each date for more information.			