







# MAY 2024 MENTAL HEALTH MONTH EVENT CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
		<b>1 Grief and Loss Support Group</b> Circle Care Center 618 West Ave, Norwalk, CT 6:00 - 7:30 PM			<b>4 NorWALK for Mental Health: Walk &amp; Wellness Fair</b>  Norwalk Green 9:00 AM - 12:00 PM	
<b>6 QPR Training for Suicide Prevention</b> Triangle Community Center 650 West Ave., Norwalk, CT 6:30 - 8:30 PM		<b>8 Grief and Loss Support Group</b> Circle Care Center 618 West Ave, Norwalk, CT 6:00 - 7:30 PM		<b>10 Coffee Talk</b>  Triangle Community Center 650 West Ave., Norwalk, CT 11:00 AM - 12:00 PM	<b>11 Therapeutic Art Group</b>  Adults (18+) 1:00 - 2:00 PM Teens (13-17) 2:15 - 3:15 PM Triangle Community Center 650 West Ave., Norwalk, CT	
		<b>15 Grief and Loss Support Group</b> Circle Care Center 618 West Ave, Norwalk, CT 6:00 - 7:30 PM				
		<b>22 Grief and Loss Support Group</b> Circle Care Center 618 West Ave, Norwalk, CT 6:00 - 7:30 PM		<b>24 Coffee Talk</b>  Triangle Community Center 650 West Ave., Norwalk, CT 11:00 AM - 12:00 PM	<b>25 SOAR Flower Power</b>  Triangle Community Center 650 West Ave., Norwalk, CT 1:00 - 2:30 PM	
		<b>29 Grief and Loss Support Group</b> Circle Care Center 618 West Ave, Norwalk, CT 6:00 - 7:30 PM	<b>30 Community Dinner</b>  Triangle Community Center 650 West Ave., Norwalk, CT 6:30 - 8:00 PM	<b>31 Flag Raising</b> 888 Washington Blvd. Stamford, CT 12:00 PM <b>Lighting of Old Town Hall</b> Old Town Hall, Stamford, CT 6:30 - 8:30 PM (Social to follow)		

◆ **Grief and Loss Support Group:** LGBTQ+ affirming support group for anyone grieving any kind of loss in their life. This group is free for all to experience support in this inclusive and affirming environment. For more information, call Circle Care at 203-852-9525.

◆ **Question, Persuade, Refer (QPR)** is a suicide prevention training to help individuals build the skills of identifying warning signs of suicide ideation, offer hope, and share resources to help those access services. **To register, [bit.ly/QPRatTCC](https://bit.ly/QPRatTCC)**

◆ To learn more about events taking place at **Triangle Community Center** and to **register** for the Community Dinner, visit the **[TCC Groups Page](#)**.

Brought to you by the Lower Fairfield County LGBTQ+ Coalition

circle care center



STAMFORD pride

