



George Latimer, County Executive  
Michael Orth, Commissioner  
Department of Community Mental Health

# *Westchester County Department of Community Mental Health*

## *May Is Mental Health Awareness Month*

### *Events 2019*



*Westchester County Department of Community Mental Health  
May Is Mental Health Awareness Month Events 2019*

**Please see the list and calendar below for interesting, thought-provoking and important events celebrating May is Mental Health Awareness Month 2019! Thank you to our Westchester agencies who contributed information to this flier to help us spread the word and raise awareness about Mental Health. Feel free to distribute widely.**

**Sponsor: Westchester County DCMH**

**Name/Title of Event: May is Mental Health Month Kick-Off Press Conference and Banner**

**Date: May 1**

**Time: 2pm**

**Place: County Executive's Office**

**RSVP/Contact Information: Not applicable**

**Description: County Executive George Latimer will recognize the month with a press conference. A banner, sponsored by NAMI Westchester and the County, will be flown over one of the County buildings.**

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**Sponsor: NAMI Westchester**

**Name/Title of Event: Ribbon Campaign**

**Date: Month of May**

**Place: Throughout Westchester County**

**RSVP/Contact Information: Call 592-5458 for more information.**

**Website link: [www.namiwestchester.org](http://www.namiwestchester.org)**

**Description: Ribbons will be placed on trees and poles in participating towns/cities throughout the County.**



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**Sponsor: NAMI Westchester**

**Name/Title of Event: Flag Raising - Yonkers**

**Date: May 1**

**Time: 12pm**

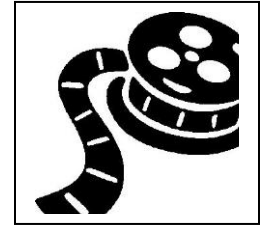
**Place: Steps of Yonkers City Hall**

**RSVP/Contact Information: Call Sharon McCarthy at 592-5458 for more information.**

**Description: Yonkers City Officials will honor Mental Health Awareness Month with a flag raising ceremony. Join us if you can!**

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**Sponsor: R.I.S.E. Center**

**Name/Title of Event: Movies In May - Tuesdays and Thursdays**

**Date/Time: May 2, 7, 9, 14 - 4pm – 6pm**

**Date/Time: May 16, 21, 23, 28, 30 – 1pm – 3pm**

**Place: R.I.S.E. Center, 6 Gramatan Avenue, Suite 206, Mount Vernon**

**RSVP/Contact Information: Call John Lyn 664-3444**

**Description: Mental Health-themed movies every Tuesday and Thursday for the month of May. Movie list includes (but not limited to) Frankie and Alice, For Colored Girls, Gaslight, Shutter Island, Split, Welcome To Me, and more! Yes, we have snacks....so why not come and visit?**

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**Sponsor: The VA Hudson Valley Health Care System**

**Name/Title of Event: 2019 Mental Health and Homeless Summit**

**Date: May 9**

**Time: 8:30am - 1pm**

**Place: 41 Castle Point Road, Building 18 – Multipurpose Room, Wappingers Falls**

**RSVP/Contact Information: Please RSVP via email to [Beatrice.Riel@va.gov](mailto:Beatrice.Riel@va.gov) or by phone at (845) 831-2000, ext. 5408**

**Description: The purpose of the Summit is to enhance the mental health and well-being of Veterans and their family members through increased collaboration between the VA and the community. This year's discussions at the Mental Health and Homeless Summit will focus on **WHOLE HEALTH**. This VA initiative with a focus on Complementary and Integrative Care includes Nutrition, Yoga, Reiki and Whole Health counseling.**

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**Sponsor: Westchester Jewish Community Services**

**Name/Title of Event: Youth Mental Health First Aid Training**

**Date: May 14 and May 15**

**Time: 9am - 1:30pm**

**Place: Greenburgh Public Library, 300 Tarrytown Road, Elmsford**

**RSVP/Contact Information: [arainone@wjcs.com](mailto:arainone@wjcs.com)**

**Description: This training is open to interested participants. You **MUST** register and be available for both days of training.**

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**Sponsor: NAMI Westchester**

**Name/Title of Event: In Our Own Voice Presentation**

**Date: May 14**

**Time: 6pm**

**Place: New York Presbyterian Hospital, 21 Bloomingdale Road, White Plains**

**RSVP/Contact Information: Call Sharon McCarthy at 592-5458 for more information.**

**Description: Individuals in recovery share their journey to acceptance and recovery.**

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**Sponsor: Rockland Psychiatric Center**  
**Name/Title of Event: Mt. Vernon Community Advisory Board Annual Dinner Dance**  
**Date: May 16**  
**Time: 7 pm**  
**Place: The Davenport Country Club, New Rochelle**

**RSVP/Contact Information: Call Sheri Marchi at 665-0200 or Sharon Freeman at 363-1479. Tickets are \$50.00. Funds raised go to support programs for people with a mental health diagnosis. This includes trips, Thanksgiving baskets and holiday gifts. If you cannot attend and would like to sponsor a consumer, your tax deductible donation will make a service center member very happy.**

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**Sponsor: Westchester County DCMH, DSS, Family Ties of Westchester and Westchester CCSI**  
**Name/Title of Event: 9<sup>th</sup> Annual Myra Alfreds Roundtable**  
**Date: May 16<sup>th</sup>**  
**Time: 9:15am - 12:00pm**  
**Place: The Auditorium at the White Plains Library, 100 Martine Avenue, White Plains**  
**RSVP: <https://www.eventbrite.com/e/9th-annual-myra-alfreds-roundtable-20-year-anniversary-celebration-of-westchesters-system-of-care-tickets-59006972443?aff=eac2>**  
**Description: 20 Year Anniversary Celebration of Westchester's System of Care SAMHSA Grant and Recognition Awards Ceremony.**

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**Sponsor: Mental Health Association of Westchester**  
**Name/Title of Event: safeTALK: Suicide Awareness for Everyone**  
**Date: May 16**  
**Time: 9:30am – 12:30pm**  
**Place: Mental Health Association of Westchester, 580 White Plains Road, Tarrytown**  
**RSVP/Contact Information: Email Chuck Rosenow at [rosenowc@mhawestchester.org](mailto:rosenowc@mhawestchester.org)**  
**Fee: \$10**  
**Website link: <https://www.mhawestchester.org/our-services/education-training>**  
**Description: safeTALK is a 3-hour training that teaches participants how to assist individuals who may be having experiences with suicide. During this training, participants will learn how to recognize signs of suicidal thinking, effective ways to start the conversation, and will be provided with information to help connect individuals at risk to useful supports and services. safeTALK is designed for all community members.**

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**Sponsor: NAMI Westchester**

**Name/Title of Event: In Our Own Voice Presentation**

**Date: May 17**

**Time: 1pm**

**Place: John C. Hart Memorial Library, 1130 E. Main Street, Shrub Oak**

**RSVP/Contact Information: Call Sharon McCarthy at 592-5458 for more information.**

**Description: Individuals in recovery share their journey to acceptance and recovery.**

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**Sponsor: Westchester County Geriatric Mental Health Collaborative**

**Name/Title of Event: Managing Stress in the Midst of Cultural Chaos**

**Date: May 17**

**Time: 10am - 12:15pm**

**Place: Greenburgh Public Library, 300 Tarrytown Road, Elmsford**

**RSVP/Contact Information: None required**

**Website Link: <https://greenburghlibrary.libcal.com/event/4636261?hs=a>**

**Description: Join us for an interdisciplinary panel to discuss the topic of stress management in our current culture. Explore how older adults have coped in the past with environmental stress, how they are coping today and how they experience their world while figuring out ways to manoeuver through new cultural norms. Learn how simple Yoga can help reduce stress. All are welcome – seniors, practitioners, caregivers and the general public. Light refreshments will be served.**

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**Sponsor: NAMI Westchester**

**Name/Title of Event: NAMI Walk-Westchester**

**Date: May 18**

**Time: 8:30am registration – 9:00am Walk**

**Place: Rye Town Park, Rye, NY**

**RSVP/Contact Information: To register go to**

**[www.NAMIWalks.org/Westchester](http://www.NAMIWalks.org/Westchester)**

**Or call 592-5458 for more information.**

**Description: Annual 5K Walk to raise funds and mental health awareness. Join us for this fun and important event!**



# May is Mental Health Awareness Month 2019 Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 DCMH Press Conference</p> <p>NAMI Westchester <u>Flag Raising</u> 12pm Yonkers City Hall</p>	<p>2 R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 4pm, R.I.S.E. Center</p>	3	4
5	6	<p>7 R.I.S.E. Center, <u>Movie</u>, 4pm, R.I.S.E. Center</p>	8	<p>9 VA MH and Homeless Summit – 8:30am</p> <p>R.I.S.E. Center, <u>Movies</u>, 4pm, R.I.S.E. Center</p>	10	11
12	13	<p>14 WJCS <u>Youth MH First Aid Training</u> 9am, Greenburgh Library</p> <p>R.I.S.E. Center, <u>Movie</u>, 4pm, R.I.S.E. Center</p> <p>NAMI Westchester <u>In Our Own Voice</u>, 6pm, NYPH</p>	<p>15 WJCS <u>Youth MH First Aid Training</u> 9am, Greenburgh Library</p>	<p>16 DCMH <u>Myra Alfreds Roundtable</u>, 9:15am, White Plains Public Library</p> <p>R.I.S.E. Center, <u>Movie</u>, 1pm, R.I.S.E. Center</p> <p>RPC Mt. Vernon <u>Dinner Dance</u> 7 pm, The Davenport</p> <p>MHA <u>safeTALK</u>, 9:30am, MHA</p>	<p>17 <u>Geriatric MH Collaborative</u> 10am, Greenburgh Public Library</p> <p>NAMI Westchester <u>In Our Own Voice Presentation</u>, 1pm, JC Hart Memorial Library</p>	<p>18 NAMI Westchester <u>NAMI Walk-Westchester</u> 8:30am, Rye Town Park</p>
19	20	<p>21 R.I.S.E. Center, <u>Movie</u>, 1pm, R.I.S.E. Center</p>	22	<p>23 R.I.S.E. Center, <u>Movie</u>, 1pm, R.I.S.E. Center</p>	24	25
26	27	<p>28 R.I.S.E. Center, <u>Movie</u>, 1pm, R.I.S.E. Center</p>	29	<p>30 R.I.S.E. Center, <u>Movie</u>, 1pm, R.I.S.E. Center</p>	31	