

MAY IS MENTAL HEALTH MONTH



2011 CALENDAR OF EVENTS

Early Events:

Thursday, April 21 -



Denver – Mental Health Caucus at the Colorado State Capitol

- Mental Health organizations and advocates caucus with legislators from the Colorado General Assembly to discuss mental health issues facing our state
- Noon – 1:00 pm, Room 0112 (basement) of Colorado State Capitol, 136 State Capitol, Denver, CO 80203
- Public entrance on south side, basement level and north side, first floor.
- Free and open to the public

Friday, April 29 –

Aurora - “Living Life to the Fullest” Aurora Mental Health Centers 7th Annual Spring Benefit Luncheon featuring The Second City comedy troupe!

- 11:00 am – 1:00pm, Red Lion Hotel Denver Southeast • 3200 South Parker Road (I-225 & Parker Road in Aurora).
- To purchase individual tickets online, go to www.blacktie-colorado.com/rsvp and enter event code: SecondCity.
- To reserve your sponsorships, RSVP, or make a contribution, contact Heather Jackson at 303-617-2313 or email heatherjackson@aumhc.org.



MAY IS MENTAL HEALTH MONTH

Events in May

Monday, May 2 -



Denver – May is Mental Health Month Proclamation at the Colorado State Capitol

- Noon – 12:30pm, West Foyer of Colorado State Capitol, 136 State Capitol, Denver, CO 80203
- Public entrance on south side, basement level and north side, first floor.
- Free and open to the public

Monday, May 2 -



Denver – “Celebrating Mental Health Awareness Month at the Denver VA”

- Presentations by Deb Amesbury, mental health recovery advocate, and Michael George, Liaison at the Aurora Veterans Home. Also includes music performed by veterans.
- 11:30 am - Denver VA Auditorium
- Free and open to the public

Tuesday, May 3 –



Denver – “Building Resilience in Children Dealing with Trauma” – The Inaugural Division of Behavioral Health Children’s Mental Health Awareness Day

- Focusing on children and trauma, featuring child trauma fellow Dr. Jerry Yager; respondent panel; youth essays and more!
- 9:00 am – noon, Fort Logan Auditorium, 3520 Oxford Avenue, Denver 80236
- Free and open to the public

MAY IS MENTAL HEALTH MONTH

Tuesday, May 3 –



La Junta – Children’s Mental Health Day – Southeast Mental Health Services featuring Art in the Park, exciting games, fun prizes and free snacks!

- 3:30pm – 5:30pm, La Junta City Park (by the playground)
- Free and open to the public

Thursday, May 5 -



Denver – “Denver VA Mental Health Awareness Month Recovery Presentation”

- Noon – 1:00 pm, Denver VA, Room 2E115
- Contact Megan Harvey, Ph.D. for additional information at 303-399-8020 x5623

Tuesday, May 10 –



Denver – Celebrate May is Mental Health Month at Coors Field and cheer on your Colorado Rockies!

- Join advocates from around the state as we watch the Rockies take on the NY Mets at Coors Field!
- Start Time – 6:40 pm, Coors Field, 2001 Blake Street, Denver 80205
- Contact Terri Hurst at thurst@cbhc.org or 303-832-7594 ext. 11 to reserve your tickets

MAY IS MENTAL HEALTH MONTH

Wednesday, May 11 - Boulder – “We are all Beginners” – Meditation Practices



Interfaith Network on Mental Illness

- Workshop of the fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month
- 1:00 pm – 3:00 pm, First Congressional Church, 1128 Pine Street, Boulder
- Free and open to the public

Wednesday, May 11 - Boulder – “Spirituality as a Resource in Overcoming Addiction/Substance Abuse and PTSD” – Compassion and Acceptance: Spirituality in Recovery from Mental Illness



- A workshop of the fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month
- 7:00pm – 9:00pm, Shabmbala Center, 1345 Spruce Street, Boulder
- Free and open to the public

Thursday, May 12 – Centennial – Arapahoe/ Douglas Mental Health Network 10th Annual Mental Health Benefit Luncheon



- 11:00 am-1:00pm, Inverness Hotel & Conference Center
- Register now! Three easy ways:
 1. [Online](#)
 2. Mail or fax – Use this [registration form](#)
 3. Call 303-779-9676

MAY IS MENTAL HEALTH MONTH

Thursday, May 12 -



Denver – “Denver VA Mental Health Awareness Month Recovery Presentation”

- Noon – 1:00 pm, Denver VA, Room 2E115
- Contact Megan Harvey, Ph.D. for additional information at 303-399-8020 x5623

Thursday, May 12 -



Interfaith Network on Mental Illness

Boulder – Workshops for Clinicians and Professionals Working with Most Challenging Clients: Shelter from the Storm

- Workshops of the fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month
- 8:00 am – 11:15 am, Har Harshem, South Building, 3950 Baseline Road, Boulder
- Fee is \$20 if you register before May 10. After May 10, \$25 at the door. Continental breakfast served.
- Register by email at revalan2004@comcast.net

Thursday, May 12 -



Interfaith Network on Mental Illness

Boulder – Mental Health Issues – Using Community Resources in Collaboration with Restoring the Soul

- Workshop of the fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month
- 11:30 am – 1:00 pm, Har Harshem, South Building, 3950 Baseline Road, Boulder
- Free and open to the public

MAY IS MENTAL HEALTH MONTH

Thursday, May 12 -



Interfaith Network on Mental Illness

Boulder – “Out of the Shadows: Total Acceptance” –
Mental Illness and the GLBTQ community

- Workshop of the fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month
- 7:00 pm – 9:00 pm, Community United Church of Christ, 2650 Table Mesa Drive, Boulder
- Free and open to the public

Saturday, May 14 –



Pueblo – 2011 Robert Hawkins Tribute Award Dinner

- Awards dinner to recognize an outstanding mental health leader or advocate
- 5:30 pm – 9:00 pm, Pueblo Union Depot, 132 West B Street
- Visit <http://www.pueblomentalhealth.org/Programs/RobertHawkinsAwardTribute.aspx> for registration information

Saturday, May 14 -



Interfaith Network on Mental Illness

Boulder – “From the Contemplative Life to Daily Life”

- Workshop of the fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month
- 9:00 am – noon, First Congressional Church, 1125 Pine Street, Boulder
- Free and open to the public

MAY IS MENTAL HEALTH MONTH

Sunday, May 15 -



ASIAN PACIFIC
DEVELOPMENT CENTER

Denver – “Dim Sum Brunch” hosted by Asian Pacific Development Center

- Annual Dim Sum Brunch Fundraiser for the Asian Youth Mentorship Program featuring entertainment and silent auction
- 10:00 am – 1:00 pm, Palace Chinese Restaurant, 6265 East Evans Avenue, Denver 80222
- RSVP by April 30 to Ge Thao at 720-921-5670

Wednesday, May 18 – Denver – “Enriching Lives & Minds – Recovery and the Center”



- An event to share about how people recover from mental illness and to tour A New Day Family Resource Center
- 7:45 am – 9:00 am, 3101 West 14th Ave., Denver 80204
- To RSVP, contact Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org

Thursday, May 19 –

Friday, May 20 –



Fort Collins – “Bridging the Divide Suicide Awareness & Prevention Summit”

- Sessions include:
 - Questions, Persuade, and Refer (QPR) Training
 - safeTALK Training
 - New Partnerships, New Perspectives
- All Day Event, CSU Injury Control Research Center, Fort Collins
- [Click here for more information and to register](#) or email julie.gibbs@colostate.edu or call 970-491-7501

MAY IS MENTAL HEALTH MONTH

Thursday, May 19 -



Denver – “Denver VA Mental Health Awareness Month Recovery Presentation”

- Noon – 1:00 pm, Denver VA, Room 2E115
- Contact Megan Harvey, Ph.D. for additional information at 303-399-8020 x5623

Saturday, May 21 –



Denver – “2011 NAMI Walks” to help fight stigma and raise awareness about mental illness

- 5K walk to benefit the National Alliance for the Mentally Ill
- Check-in: 8:00 am, Stapleton Central Park, Denver
- For more information, visit www.namicolorado.org or contact Liz Parker at eparker@nami.org
- Please mail matching gifts and offline donations to 1100 Fillmore St., Denver 80206

Thursday, May 26 –



Denver – “2011 Stand Up for Mental Health Recovery” Conference hosted by the Mental Health Center of Denver

- Features latest in recovery-focused strategies, open to consumers, families, healthcare professionals and policymakers. Keynote speaker – David Granierer: counselor, stand-up comic and author
- 8:00 am – 4:00pm, 1st Plymouth Congregational Church, 3501 S. Colorado Blvd., Denver, CO 80113
- To RSVP, email Melanie.Parker@mhcd.org or call 303-504-6568

MAY IS MENTAL HEALTH MONTH

Thursday, May 26 –



Colorado Springs – “Spotlight on Stigma – Stories of Hope” hosted by AspenPointe Health Services

- An evening of stories, poetry, music and art by clients of AspenPointe, aimed at dismantling stigma and shedding light on recovery.
- 5:30 pm – 8:30pm, Cornerstone Arts Center, 825 N. Cascade Ave, Colorado College
- [Click here to register online](#) or contact Kevin Porter at Kevin.Porter@aspenpointe.org

Thursday, May 26 -



Denver – “Denver VA Mental Health Awareness Month Recovery Presentation”

- Noon – 1:00 pm, Denver VA, Room 2E115
- Contact Megan Harvey, Ph.D. for additional information at 303-399-8020 x5623