

May is Mental Health Awareness Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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4 MHCGM Kick-Off Concert with the Me2 2:30 PM Memorial High School 1 Crusader Way, Manchester Kids \$10/Adults \$20 https://givebutter.com/MHCGM-Me2orc	5	6 Center for Life Management Good For The Soul 6:30 PM The Westbrook Inn, Derry Tickets \$10 https://clmgoodforthesoul.maxgiving.events/about-us	7	8 Taco 'Bout Mental Health & Tacos! @Manchester Taco Tour Outside The Mental Health Center of Greater Manchester on Elm Street 4:00-8:00 ***Selling T-Shirts for \$15!***	9 West Central Behavioral Health Canopy Group Exhibition May 9-July 12 Ava Art Gallery & Art Center, Lebanon 5:00-7:00PM <hr/> Mental Health Awareness Night @The NH Fisher Cats Manchester NH First Pitch 6:35PM Wear Green for the Day!	10 Center for Life Management (CLM) Maker's Market 10:00 am- 2:00 PM CLM Back Parking Lot, Derry Free Admission https://centerforlifemanagement.org/news-and-events/clm-makers-market/
11	12 Riverbend Community Mental Health Community Workout with InSHAPE 5:30P-7:00 PM 29 School Street, Concord Free RSVP at riverbendcmhc.org/events	13	14 The Mental Health Center of Greater Manchester Wrap City Community Partnership 12:00PM-7:00PM 1525 So. Willow Street Manchester	15 Riverbend Community Mental Health Crisis Response Training 1:00-4:00PM 29 School Street, Concord RSVP at riverbendcmhc.org/events	16 National Day of Mental Health Awareness Join Community Partners For Wear Green All Day	17 Thrive Stride 5K/1K 10:00 AM – 1PM Greeley Park Nashua Celebrating 105 Years of Community Impact https://runsignup.com/Race/NH/Nashua/ThriveStride5k1kRunWalk
18 The NuCar Lakes Region 5k For Mental Health Lakes Region Mental Health Center 8:30 AM Tanger Outlets, Tilton Tickets \$40 https://www.lrmhc.org/nucar5k	19 The Mental Health Center of Greater Manchester Celebrity Fundraiser @Diz's Café 4:00PM-7:30PM 860 Elm Street Manchester	20	21 Seacoast Mental Health Center Business After Hours with The Hampton Area Chamber of Commerce Old Salt Restaurant 190 Lafayette Rd Hampton, NH https://tinyurl.com/yv4b4d79	22 The Mental Health Center of Greater Manchester Dines to Donations 3:30PM-7:00PM Texas Roadhouse, Manchester <hr/> Benefit Concert for Seacoast Mental Health Center 6:00 PM (Doors Open 5:30) St. John's Episcopal Church, Portsmouth https://tinyurl.com/5n83eyun	23	24
25	26	27	28	29	30 Mental Health Knight with Greater Nashua Mental Health @The Nashua Silver Knights First Pitch 6:03PM https://gr1.glitniricketing.com/grticket/web/loggingroup1.php ***Passwords for Ticket Packages*** \$9 Ticket: may \$22 Ticket (all-you-can-eat thru 7 th Inning): mayAYCE	31