

CALENDAR OF EVENTS

"Kindness Rocks"

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 May 4-5 May 11-12 May 18-19 May 25-26

- 1 **Finding Help: When to Get It and Where to Go-** Mental health disorders are real, common and often treatable. It is estimated that approximately 1 in 5 American adults, (nearly 44 million people) and 13-20% of children living in the United States will experience a diagnosable mental health disorder in a given year. Visit <https://www.mhanational.org/finding-help-when-get-it-and-where-go> to learn more.
- 3 **Mind Your Health!**- 3:00 p.m.-6:00 p.m. All are welcome to join us for a Mental Health and Wellness event hosted by the **Uniontown YMCA, 1 YMCA Lane, Uniontown, PA**, Fayette County Behavioral Health Administration; and Beacon Health Options. There will be food, activities for the kids, and music, plus lots of information on services available for you and your family. For more information contact **Natalie Ganci by phone: (724) 430-1370 by email: NatalieGanci@fcbha.org or Angela Baker phone: (724) 430-1370 or email: AngelaBaker@fcbha.org**
- 10 **Chestnut Ridge Lunch & Learn** - 11:30 a.m.-1:30p.m. Join us for information on the New Directions 1,2,3, Magic Program and signs of eating disorders featuring testimonials and presentations along with lunch to be served in the Hope Room. **CRCSI, 100 New Salem Rd, Uniontown, PA. For more information call: (724) 437-0729**
- 11 **National Children's Mental Health Awareness Day-** <https://www.samhsa.gov/childrens-awareness-day>
- 11 **NAMI Family Support Group In Person Meeting-** 12:00 p.m.-1:00 p.m. A support group for loved ones of people living with mental illness. Held at **MHA, 100 New Salem Rd, Uniontown, PA downstairs in the Braddock Room.** For more information, contact **Adrienne Russell by phone: (724) 430-4907 by email: adrienne.russell@adelphoi.org.**
- 12 **"Lettuce Taco 'bout Mental Health"**- 1:00 p.m.-4:00 p.m. An invitation to our area Medical, EMS, & Mental Health professionals. Please join us for a mental health professional appreciation lunch. We would like to take time to recognize all the work you have done for our community during the evolving pandemic! Lunch and a Chinese Auction will be offered. **Axiom Family Counseling Services, 630 Cherry Tree Lane, Uniontown, PA. RSVP to: (724) 439-0308 or Uniontown@AxiomFamily.com**
- 12 **Fayette County Family Council ZOOM Meeting-** 12:30 p.m.-1:00 p.m. Bi-monthly meetings held to provide information about resources, trainings and activities for families, youth; and service providers. Allows all to share their experiences about county services and advocate for positive change. Contact **Adrienne Russell by phone: (724)430-4907 by email: adriennerusell@adelphoi.org. Website: <https://fayetteadvocates.org/>.** Then click on monthly meetings.
- 13 **Live 4 Tomorrow Today "Burn Out The Stigma" Car Show-** 10:00 a.m.-4:00 p.m. Family friendly event featuring a car show, bands, speakers of hope, booths filled with educational and resource information, 50/50 drawing, raffles, food and more! **Dawson Grange Community Fair Grounds, 110 Chaintown Rd, Dawson, PA 15428**
- 15 **Chestnut Ridge Counseling Services Food Drive** - Chestnut Ridge will be holding a community food drive until 4:00 p.m. Please drop off donations in the Fayette Room. **CRCSI, 100 New Salem Rd., Uniontown, PA. For more information call: (724) 437-0729**
- 15 **Southwestern PA Human Services (SPHS) Virtual Art Talent Show** - A virtual art talent show will be held from May 15-May 26, focusing on their members' insight on What Recovery Means To You? Public persons and providers are encouraged to check the website to vote for your favorite piece. **For more information contact Jeff Serra by phone: (724) 430-9710 by email: jserra@sphs.org.** Cast your vote at: www.surveymonkey.com/r/6YJRFQW
- 17 **Chestnut Ridge Counseling Services Animal Shelter Donation Day** - Please drop off donations in the Fayette Room by 4:00 p.m. at **CRCSI, 100 New Salem Rd., Uniontown, PA. For more information call: (724) 437-0729**

18 **Fayette County Commissioners Monthly Meeting-** In person and virtually via ZOOM on the third Thursday of each month at 10:00 a.m. from the **Fayette County Courthouse, 61 E Main St., Uniontown, PA.** To join Zoom go to: <https://www.fayettecountypa.org/562/County-Commissioners> then click on the Regular Voting Meeting tab.

19 **Fayette County Suicide Prevention Taskforce Hybrid Meeting-** 8:30 a.m.-10:30 a.m. All are welcome to join us for the Suicide Prevention Meeting in-person at the **IHOP, Uniontown**, or virtually. Check our Facebook page to find the Zoom link information under Fayette County Suicide Prevention Taskforce or contact: **Gina Donkers by phone: (724) 430-1370 by email: GinaDonkers@fcbha.org**

19 **Youth Mental Health First Aid-** 8:30 a.m.- 4:30 p.m. Training for adults who work with youth in the steps of Youth Mental Health First Aid. **Penn State Fayette, 2201 University Dr., Lemont Furnace, PA 15456.** For more information contact **Mellissa Andrews by phone: (724) 430-4211 by email: mrb370@psu.edu**

22 **Transitional Employment Consultants (TEC) Open House** 9:00 a.m.-12:00 p.m. TEC's mission is to assist individuals with disabilities to become independent, productive members of the community by providing job readiness training and placement into competitive employment. Visit us for our open house at **TEC's Fayette County Office, 253 S Mt Vernon Ave, Uniontown PA.** For more information contact **Jeff Taylor by phone at: (724) 438-4330.**

24 **Mental Health First Aid Training-** 8:00 a.m.-4:30 p.m. Free training that helps assess for risks of harm or suicide, listen nonjudgmentally, and give information and encouragement. Sponsored by **Fayette County Behavioral Health Administration, 215 Jacob Murphy Lane, Uniontown, PA.** Please **RSVP to: Christine Rosinski-Stone by phone: (724) 425-2541 by email: christinestone@fcbha.org.**

25 **NAMI Family Support Group ZOOM Meeting-** 5:00 p.m.-6:00 p.m. A support group for loved ones of people living with mental illness. For more information, contact **Adrienne Russell by phone: (724) 430-4907 by email: adrienne.russell@adelphoi.org. Website: <https://fayetteadvocates.org/>.** Then click on monthly meetings.

26 **Bee Healthy! Bee Happy! (Mentally & Physically)-** 10:00 a.m.-2:00 p.m. Crosskeys Human Services invites you to a day of Educational Activities, Vendors, Socialization, and a free lunch. Fun activities and door prizes will follow lunch. Plan to join us! **Crosskeys Human Services, Inc. 23 S. Gallatin Ave., Uniontown, PA 15401, For more information contact Bernadette Behary by email at: bbeharycrosskeys@outlook.com or Brenda Keefer at: bkeefercrosskeys@outlook.com**

26 **SPHS Virtual Art Talent Show** - Final day to cast your vote for your favorite art. www.surveymonkey.com/r/6YJRFQW

26 **Fayette County Family Council ZOOM Meeting-** 12:30 p.m.-1:00 p.m. Bi-monthly meetings held to provide information about resources, trainings and activities for families, youth; and service providers. Allows all to share their experiences about county services and advocate for positive change. Contact **Adrienne Russell by phone: (724) 430-4907 by email: adriennerusell@adelphoi.org. Website: <https://fayetteadvocates.org/>.** Then click on monthly meetings.

Scan the QR Code to go to the Mental Health Calendar online at fcbha.org



FAYETTE COUNTY MENTAL HEALTH AWARENESS MONTH

We Care About Your Mental Health!

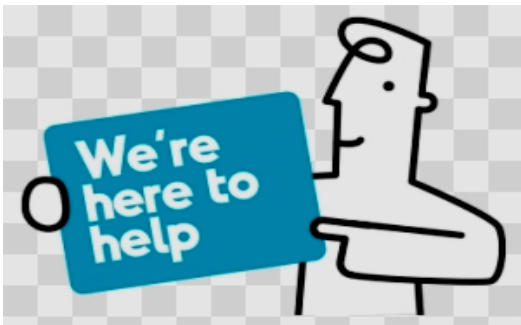


"Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone." – *Lisa Olivera*

MAY 2023

Fayette County invites you to participate in a variety of special events during the month of May in recognition of


MENTAL HEALTH AWARENESS MONTH



Mental Health Problems Affect Everyone
Myth: Mental health problems don't affect me.
Fact: Mental health problems are actually very common. In 2020, about:


- One in five American adults experienced a mental health issue
- One in 6 young people experienced a major depressive episode
- One in 20 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

For more information about services and supports available to Fayette County residents please contact:

 Fayette County Behavioral Health Administration
 (724) 430-1370
 www.FCBHA.ORG

To enrich lives by providing choice and access to resources that encourage hope, independence and recovery.

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Finding Help When to get it, Where to go. https://www.mhanational.org/finding-help-when-get-it-and-where-go	2	3 Mind Your Health! Mental Health & Wellness Event	4☀	5☀	6
7	8	9	10 Chestnut Ridge Counseling Services Lunch & Learn	11♥ NAMI Fayette Family Support Group In Person Meeting National Children's Mental Health Awareness Day	12♥ 'Lettuce Taco 'bout Mental Health' Medical Professionals Lunch Fayette County Family Council ZOOM Meeting	13 Live 4 Tomorrow "Burn out the Stigma" Car Show
14 	15 Chestnut Ridge Counseling Services Food Drive Day SPHS Virtual Art Talent Show May 15-May 26	16	17 Chestnut Ridge Counseling Services Animal Shelter Donation Day	18☺ Fayette County Commissioners' Monthly Meeting https://www.fayettecounty.pa.org/562/County-Commissioners	19☺ Fayette County Suicide Prevention Taskforce Hybrid Meeting Youth Mental Health 1st Aid Training	20
21	22 TEC-Transitional Employment Consultants Open House	23	24 Mental Health First Aid Training	25♣ NAMI Fayette Family Support Group Zoom Meeting	26♣ Bee Healthy! Bee Happy! Crosskeys Human Services Event SPHS Virtual Art Talent Show Ends Fayette County Family Council ZOOM Meeting	27
28	29 	30	31	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">"Kindness Rocks"</p> <p style="text-align: center;">☀ ♥ ☺ ♣</p> <p>The Consumer/Family Satisfaction Team Community Outreach of Fayette County Mental Health Association, 100 New Salem Rd, Uniontown, PA will be encouraging the Oak House Drop-In Center members to paint a positive word or symbol on a rock to leave outside where someone will find it, enjoy the message and pass it along. Members will be painting rocks every Thursday and Friday in May, during their hours of 9:00 a.m-4:00 p.m. and will take rocks around to people from other agencies in the health center to choose a rock to take with them. Be sure to check out some pieces on display at the Crosskeys Bee Healthy!, Bee Happy! event on May 26,th also!</p> </div>		