



# Mental Health Awareness Month Week THREE Events!



Thank you to everyone who has participated in Mental Health Awareness Month during the beginning of May! Let's keep the momentum going into the second half of the month by supporting Riverbend on Giving Day - THIS WEDNESDAY!

Together, we can continue to provide the very best in effective and innovative treatments.

<https://www.riverbendcmhc.org/donate/>

## "It's Criminal" A TALE OF PRISON AND PRIVILEGE



May 15<sup>th</sup> at 6:00 PM  
Red River Theatres  
11 S Main St  
\$12 for adults  
\$8 for students

This moving documentary follows a Dartmouth College class that brings students and incarcerated women together to write and perform a play. After the showing, a panel discussion will follow with former inmates,

Tickets at [redrivertheatres.org](http://redrivertheatres.org)

#MayAndEveryDay



Dartmouth College professors and a Department of Corrections Warden.



Buy tickets at Red River



### May 14th - noon

Concord Community Music School  
**Good Vibes: Express Yourself! Musical Tools for Emotional Communication**

This event is free and open to the public.



### May 22th - noon

Center for Health Promotion  
**Children's Mental Health**

This event is free and open to the public.

## Do you know a Champion?



Each year Riverbend recognizes those in New Hampshire for their extraordinary vision, leadership, and advocacy in improving the lives for those living with mental illness. We invite you to nominate an individual, organization, and/or business that has contributed to transforming our mental health system.

<https://www.riverbendcmhc.org/nominate-your-champion-for-mental-health/>