



Darien Public Schools

Upcoming Mental Health Events

Mental Health First Aid Training

Tuesday August 1, 2023 and Thursday August 3., 2023 / 8:30AM to 1:00 PM

To register contact:

Ali Ramsteck, LCSW at aramsteck@darienct.gov

Mental Health First Aid Training

Tuesday May 23, 2023 and Thursday May 25, 2023 / 8:30AM to 1:00 PM

NAMI Basics Class at The Depot

Tuesday May 16, 2023- Tuesday June 20, 2023 / 9:30 AM-12:00 PM

Presentation: Dr. Lisa Damour: "The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Teenagers"

Wednesday May 10, 2023 / 7 PM

You are Not Alone Mural Event

Saturday May 6, 2023 / 10:30 AM-12:30 PM

Yellow Tulip Window Painting Event

Saturday May 6, 2023 / 10:00 AM - 1:00 PM

Out of the Darkness Walk Campus Walk - Darien High School

Sunday April 30, 2023 / 10:00 AM



Recurring Mental Health Programs

Parent Support Groups at The Depot

Every 2nd Thursday of the month / 10:30 AM

<https://dariendepot.com/>