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West Bergen wants to let you know that we have several fundraisers and awareness events scheduled for May-Is-Mental-Health-Month. Among them are:

Ben & Jerry's – Ridgewood – Tuesday, May 7th from 5 to 8 pm
West Bergen's Finest will be scooping!

Blue Moon Mexican Café - Wyckoff - Monday, May 13th - Lunch, Dinner, Take-Out, Catering, Delivery. E-Gift cards too if you can't make it!

On The Border – Paramus – Wednesday, May 15th from lunchtime to closing – <https://www.groupraise.com/events/94673>

May 21st is #friendsday! Help us reach our goal of 100 friends! Become a Friend of West Bergen <https://westbergen.org/friends-of-west-bergen/> ... Your support will help build a new therapeutic playground at our Children's center in Ramsey. #MentalHealthMatters #spreadtheword

Steel Wheel Tavern – Ridgewood – Wednesday, May 22nd from lunchtime to closing

Also, our Ramsey Stigma Free friends are hosting their 2nd Annual Walkathon at Ramsey High School on Wednesday, May 1st. Registration begins at 6:30. Everyone is invited!

Michael Tozzoli, West Bergen's CEO, will be speaking about "Kids Under Pressure" on Sunday, May 5th at the West Side Presbyterian Church in Ridgewood.

It would be GREAT if you could visit one or all of these events to help us raise awareness and end the stigma of mental illness.

Please note that for On the Border, you must follow the link <https://www.groupraise.com/events/94673> and register via the green Commit to Eat button! We have to guarantee a certain amount in order for the fundraiser to happen. PLEASE go to the link and sign up!

Go to Ben & Jerry's for a treat or Blue Moon, OTB and/or Steel Wheel for lunch and/or dinner! Become a FOWB! Save the dates! Grab a group and enjoy! Just remember to mention West Bergen and bring a flyer if you can! All fundraiser flyers are included below.

Thanks for your support!



**Raise Mental Health Awareness with West Bergen and
GET SERVED!**



Stop by Ben & Jerry's in Ridgewood between the hours of:

5 - 8 p.m. on Tuesday, May 7th

Ice Cream will be served by:

**West Bergen CEO, Michael Tozzoli
and**

Members of the West Bergen Board of Trustees!

20% of all sales between 5 -8 will be donated to West Bergen

Since 1963, West Bergen has provided comprehensive mental health services for Adults, Children and Families.

westbergen.org



COMMUNITY NIGHT & E-GIFT CARD FUNDRAISER

West Bergen Mental Healthcare

May 13, 2019

Blue Moon Location(s): Wyckoff
Lunch, Dinner, Take-Out, Delivery & Catering

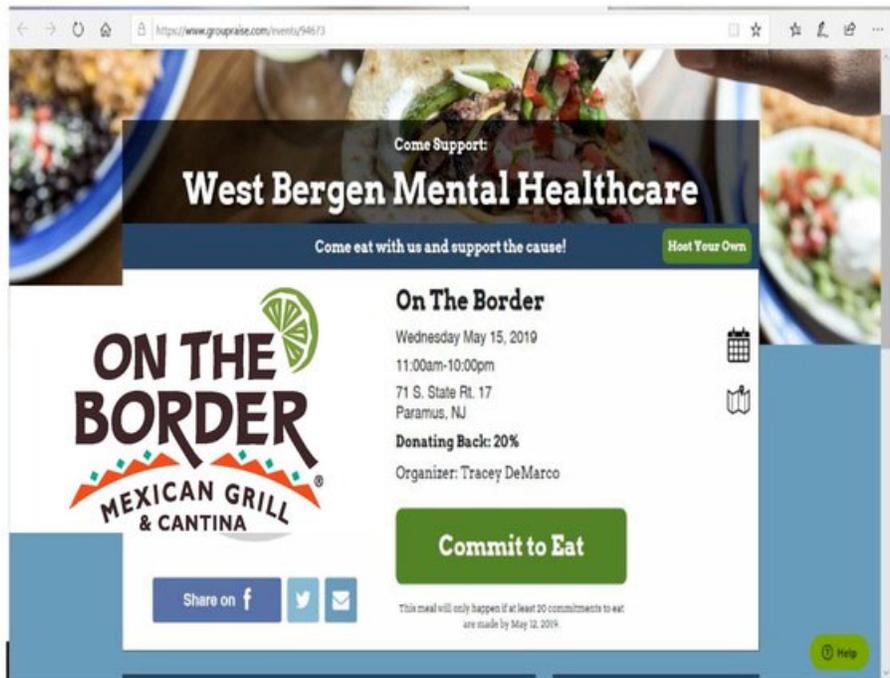
To support our organization, and record your purchase, open the Blue Moon Mobile App then select Community Night Receipts. Take a picture of your receipt and submit via email - Done !

Don't have a smart phone or have trouble?
 Ask any Blue Moon employee to assist.

Can't Make It? Don't Worry!

You can still support our organization by purchasing E-Gift Cards through 05/13/2019. Simply follow the link below

<http://bit.ly/2XouApb>



Come Support:

West Bergen Mental Healthcare

Come eat with us and support the cause! [Host Your Own](#)



On The Border

Wednesday May 15, 2019
 11:00am-10:00pm
 71 S. State Rt. 17
 Paramus, NJ

Donating Back: 20%
 Organizer: Tracey DeMarco

[Commit to Eat](#)

Share on [f](#) [t](#) [e](#)

This meal will only happen if at least 20 commitments to eat are made by May 12, 2019.

[Help](#)



West Bergen Mental Healthcare
Where Health Comes to Mind
Mental Health
Awareness Month
May 2019

**West Bergen Mental Healthcare is celebrating
“May is Mental Health Awareness Month”
and invites you to:
West Bergen’s
STEEL WHEEL TAVERN FUNDRAISER!**



**Stop in for lunch or dinner on
Wednesday, May 22nd**
Steel Wheel Tavern, 51 N, Broad St. in Ridgewood
15% of all sales on this day will be donated to West Bergen...
...Providing Comprehensive Mental Health Services Since 1963
We strive to improve the quality of life for individuals and families...one life at a time

westbergen.org
#MentalHealthMatters
Let's #BreakTheStigma

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

West Bergen Mental Healthcare
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