

Old Town Warrenton May Events



Mental Health
Awareness Month
#LoveWarrenton

Carter and Spence

TODAY 5/2 - Permanent Jewelry Event from 3-6pm during First Friday

Fun birthstone jewelry for Mother's day gift ideas.

Highlight New offerings for mocktail and cocktail mixes by Spirits of Alchemy.

Town Duck

TODAY 5/2 - Wine Tasting and Fish Pairing from 3-5pm

5/16 - Wine Tasting 3-5pm

The Open Book

Story Time for Littles EVERY Friday at 11am

5/6 and 5/20 Spinning Yarns 5:30-7pm

5/7 and 5/14- Banned Books Book Club 6:30 PM

5/8 - Pages of the Past Book Club 6:30 PM

5/13 - Swords and Swoons Book Club 6:30 PM

5/14 and 5/28 - Book Club for Writers 6:30pm

5/15 - Sizzle and Spice Book Club 6:30 PM

5/17 - OPEN MIC NIGHT 7:30pm

5/21 - Mostly Fiction Book Club 6:30 PM 8:00 PM

5/22 - Read Between the Crimes Book Club 6:30pm

Wild Hare Cider at the Grainery

EVERY WEDNESDAY

-Tier Happy Hour 4-8pm

EVERY THURSDAY

-Trivia 6:30-9

5/16 and 5/30 - Live Music 7pm

EVERY SATURDAY

LIVE MUSIC from 6-9pm

MUSIC BINGO

5/9 and 5/23 6:30-9:30pm

Cast Iron Craft House

5/3- BINGO 4-7pm

5/9 to 5/18 Art Show Exhibition with English Tea available 11am-3:30pm daily

5/10 - 2nd Saturdays on 2nd Street with live music, vendors, cocktails, etc.

5/22 - Maison Noir Wine Tasting with food pairing (ticketed)

5/31 - Fauquier Pride Kickoff Party 8-11:30pm (ticketed)

Claire's at the Depot

EVERY THURSDAY

Music on the Patio 6-9pm

**Every Saturday from 8am-
12pm in our NEW location!**



**Every Friday from 6-9pm
in Old Town Warrenton!**



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#MentalHealthAwarenessMonth

Mental Health Awareness Month Community Business Discounts

The Source Harmonic Egg 25% discount during the month of May
The Painted Fox Tattoos and Oddities Walk-in Wednesday Butterfly Tattoos

Old Town Warrenton Mental Health Awareness Month Participating Businesses

Carter and Spence
Cast Iron Craft House
Claire's at the Depot
Deja Brew
Deja Vu Anew
Denim and Pearls
Drum & Strum
Eclectic Company
Fauquier County Public Libraries
Haute Cakes Pastry Shop
Latitudes Fairtrade
Liv Creatively
Main Street Wellness Company
Modal Music
The Open Book
The Painted Fox Tattoo and Oddities
Pink Marmota
Red Truck Bakery
Studio Luxe
The Hair Hub
The Source Harmonic Egg of NOVA
Veronicraft
Warrenton Market
Wild Hare Cidery
Weirdoughs Bagels and Brews

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ART WITHOUT EXPECTATIONS
liv creatively
EST. 2014

BUTTERFLY CRAFT NIGHT

Join us to make 3D resin butterflies using silicone molds.

May 15th
4 to 6 pm

32 Waterloo Street, Warrenton

All ages welcome. No experience necessary.



Scan to register or go to [fauquier-mha.org/events](https://www.fauquier-mha.org/events)

MENTAL HEALTH
Fauquier
-serving our surrounding counties

MENTAL HEALTH AWARENESS MONTH

BLOW AWAY THE BLUES

At The Hair Hub, we welcome everyone with open arms. You'll find a safe and supportive space to relax, unwind, and speak freely about whatever's on your mind.

INCLUDED SERVICES:

- Luxury Customized Treatments
- Blowouts
- Relaxing Elongated Head Massages

\$65
(value of \$95)

Experience a Davines Natural Tech customized treatment tailored specifically for you to target your unique hair challenges. Available the entire month of May with all stylists + assistants.

BOOK NOW

THEHAIRHUBVA.COM
540-618-0267

RELAXING YOGA FOR STRESSED-OUT QUEERS

Let's come together as a community and practice relaxation and mindfulness. Beginners welcome! Spots are limited. Please arrive early.

<https://signup.com/go/fkdcgNE>


Equipose Yoga Studio
32 Waterloo St
Warrenton, VA

Last Sunday each month
6 pm - 7 pm




equipose
yoga

MENTAL HEALTH AWARENESS MONTH
PARTNER HIGHLIGHT



CHILLAX YOGA
May 8th
12 to 1 pm
John Barton
Payne Building



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MENTAL HEALTH 
Fauquier
serving our surrounding counties

RECLAIM YOUR WINGS

a celebration for
Mental Health Awareness Month

05/23/2025

7 - 10 PM

CAST IRON CRAFT HOUSE

WITH SPECIAL GUEST
Eclectic Company

Old Town Warrenton May Events



MENTAL HEALTH
Fauquier

Mental Health Month 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
For registration and more details, go to fauquier-mha.org/events .						
4	5 Mental Health Screenings 11 am to 1 pm Warrenton Aquatic and Recreation Facility (WARAF) lobby	6 Mental Health Fauquier in the Community 12 to 1 pm	7 Positive Parenting 9 am to 1 pm Wellness Walk 12 pm (Meet @LOVE sign) Drum Circle Splitworks Foundation 6-10 pm	8 Chillax Yoga John Barton Payne building 12 pm to 1 pm	9 Wear Blue Adult Mental Health First Aid PA 11th Education Center 2-4 pm to 1-3:30 pm Wear Blue	10 Remington Community Garden Gardening for 10 am to 12 pm
11	12 Mental Health Screenings 11 am to 1 pm Warrenton Aquatic and Recreation Facility (WARAF) lobby	13 Erin's Elderberries Scapellato and Yoda 10-30 am	14 Wellness Walk 12 pm (Meet @LOVE sign)	15 Liv Creatively Mental Health Advocacy 4-6 pm	16 Butterfly Social Denise & Pharis 4-8 pm Wear Blue	17
18	19 Mental Health Screenings 11 am to 1 pm Warrenton Aquatic and Recreation Facility (WARAF) lobby	20 Mental Health Fauquier in the Community 12 to 1 pm	21 Wellness Walk 12 pm (Meet @LOVE sign)	22 Mental Health Fauquier in the Community 12 to 1 pm	23 Wear Blue Reclaim Your Wings Warrenton @ Cast Iron Craft House 7-10 pm Wear Blue	24
25	26	27 Mental Health Fauquier in the Community 12 to 1 pm	28 Wellness Walk 12 pm (Meet @LOVE sign) Twilight Talks Remington Community Garden 6 pm	29	30 Wear Blue	31

Mental Health Month **BINGO**

Read a book focused on mental health.	Take a yoga class.	Take a walk on a sunny day.	Cook a healthy meal and post a photo.	Meet a friend for coffee.
Add one new activity to your self-care routine.	Become certified in Mental Health First Aid.	Call to check in on a family member.	Try an app for meditation or calm before bed.	Take a break from technology for a day.
Try a new hobby - such as painting or gardening.	Make sure you get enough sleep.		Volunteer for a local cause.	Write down 3 things you are grateful for.
Write a kind note or text to a friend.	Do a favor for your neighbor.	Donate to a mental health organization.	Offer a listening ear to someone who needs it.	Complete a puzzle or other mindful activity.
Design a positive affirmation and post it.	Take a self-care day.	Practice self-care in nature. Post a photo.	Buy a journal and begin writing in it.	Create a mental health vision board.

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Mental Health Month Toolkit for 2025

Turning Awareness into Action

Action in the Community

- Host a mental health screening event at a library, community center, or business.
- Create pop-up mental health resource tables.
- Organize a community art project, such as a mural or submitted works of art.
- Set up a public bulletin board where people can share their thoughts and positive affirmations.
- Provide customers with mental health resource cards that offer support and information.
- Provide in-store mental health resources, such as pamphlets or brochures.
- Mental health awareness window displays: Create window displays that promote mental health awareness and support using blue butterflies and positive messaging.

Action in the Workplace

- Organize a "Be Seen in Blue" fundraiser among employees and match funds raised.
- Encourage each employee to become trained in Mental Health First Aid.
- Implement wellness programs such as mindfulness, yoga, or meditation classes.
- Build and distribute employee wellness kits with self-care items.
- Encourage employees to attend our Wednesday Wellness Walks
- Attend our May monthly "lunch and learn" together and provide lunch.
- Share information about mental health benefits and resources available.
- Share our Mental Health Month Calendar with staff and encourage participation.
- Encourage employees to take a free, anonymous mental health test at mhascreening.org.

Action at the Individual Level

- Share your story - help break down stigma through the power of storytelling.
- Take a free, anonymous mental health screening at mhanational.org.
- Learn about mental health conditions, their signs and symptoms, and how to support those affected. (become certified in Mental Health First Aid)
- Regularly ask friends, family, and colleagues how they're doing and listen without judgment.
- Take care of your physical and emotional well-being by engaging in activities that bring you joy and help you relax.
- If you're struggling with your mental health, reach out to a mental health professional.

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Join Us For A Mother's Day Treat!



Looking for something
special to do with *Mom* this
Mother's Day?

Treat her to a cozy!

**Afternoon Tea +
Art Show**

Hosted at **Cast Iron Craft House** in
downtown Warrenton



Enjoy warm tea, and a stunning gallery of
original local art - all available for purchase.

Celebrate creativity, community,
and time with Mom!

Afternoon Tea \$35 per Person
May 9-11 & May 16-18 (11am-3pm)
For Reservations call 540-216-3777



Old Town Warrenton May Events

New Location!



OPENING DAY OF PEAK SEASON
IS 4/19 FROM 8 A.M. TO 12 P.M.!

This year marks our 50th year
as the heart of the community in a NEW LOCATION!
Find us in Public Lot A at the intersection of Lee & Ashby Streets.

THE 'WARRENTON ARTIST & MAKER MARKET!

THE
WARRENTON
FARMERS MARKET
PRESENTS

8 A.M. TO
12 P.M.

STARTING 4/26
EVERY SATURDAY INSIDE
THE 18 COURT STREET
BUILDING

*Featuring different vendors
each week*

*Just a 3 minute walk from the
Farmers Market*

- JEWELRY
- HOUSE PLANTS
- FABRIC ARTS
- POTTERY & CLAY ARTS
- PERSONAL CARE PRODUCTS
- HOME ACCESSORIES & MORE!

