



Did you know that
1 in 5 Americans
lives with a mental health
condition?

This presentation provides:

- An opportunity to hear open and honest perspectives on a highly misunderstood topic
- A chance to ask leaders questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- The understanding that people with mental health conditions have lives enriched by hopes, dreams and goals

**Resources will be shared.
Refreshments served.**

**Tuesday
August 16, 2022
7:00 p.m.
Social Hall**

Join us as we welcome speakers from



"In Our Own Voice"

A unique public education program in which two trained speakers share their compelling personal stories of living with mental illness and achieving recovery. This interactive program will help us learn more about mental illness and the importance of breaking down stigmas.



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There is hope and understanding.
Change the way the world sees mental health.

stigmafree