

FOOD, FILM & COMMUNITY!



Heart & Soul, Inc.

Mental Health Peer Support Services

OPEN HOUSE

Thursday, May 30, 2019 • 12:00 - 4:00 pm

Please Join Us in Celebrating Mental Health Awareness Month

Acceptance, Inclusion, and Dignity for All

The Positive Power of Peer Support...

Come learn how our peer-founded, operated, and governed organization:

- Teaches the community and those in the helping professions to **see through the stigma** of mental health challenges
- Helps people define and **achieve their vision** of mental well-being
- Provides a safe place to move the conversation **from diagnosis to dialogue**
- Advocates for changes in our communities to better support **mental health recovery for all**
- Provides peer mentoring, connection, and community re-integration for those in locked psychiatric facilities, through our innovative **HOPE (Helping Our Peers Emerge) Program**

OPEN HOUSE SCHEDULE:

12:00 Noon - Social Hour

1:00 - Welcome & Introductions

1:30 - Tours

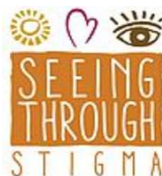
2:00 - Seeing Through Stigma Panel

Freeing the World from Stigma...One story at a time

3:00 - Raffle

3:15 - Digital Stories

3:50 - Farewell



Heart and Soul, Inc. ...Putting the We in Wellness