

FOOD, FILM & COMMUNITY!



# Heart & Soul, Inc.

Mental Health Peer Support Services

# OPEN HOUSE

Tuesday, May 23, 2017 - 1:00 - 4:00 pm

Please join us in celebrating Mental Health Awareness Month

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

### SCHEDULE:



**1:00 - Welcome & Introductions**

**1:30 - Tours** - Visit our "Wellness Lounge"

**2:00 - Seeing Through Stigma Panel** - Panelists share their personal journeys from struggle and diagnosis to recovery, mental wellness, and resilience. Q&A to follow.

**3:00 - Raffle**

**3:15 - Digital Storytelling** - New videos of individual recovery and transformation

**3:50 - Raffle & Farewell**

plus... "Be the One" Photo Booth - Courtesy of San Mateo County Behavioral Health and Recovery Services, Office of Equity and Diversity

## Heart and Soul, Inc.

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...Putting the **We** in **Wellness**

