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
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