

# Ending the Silence

Jan. 26 | 7 p.m. | Online via Zoom

Join us for an engaging presentation and interactive discussion that helps the community learn about the warning signs of mental health conditions and what steps to take if you or a loved one need help or support.

These presentations include personal testimony from and conversation with a youth or young adult with lived experience. The presentation's message of empathy and hope encourages all to actively care for themselves and their loved ones.

Registration Requested:  
<https://bit.ly/3Fr3GT1>

*Through dialogue,  
we can help grow  
the movement to  
end the stigma.*

**FREE and open  
to the public**

