



## CVUUF Community Forum

*The mission of the Conejo Valley Unitarian Universalist Fellowship is to nurture spiritually courageous people who transform the world through justice and compassion.*

**Friday, MAY 9, 2014 – 7:30 pm**

### **In Our Own Voice**

NAMI's **In Our Own Voice** is a community education program that unmask mental illness, using speaker stories to illustrate the individual realities of living with mental illness. You gain a better understanding of what it is like to live with mental illness and stay in recovery.

Hear two consumer speakers share their own compelling personal stories about living with mental illness. As they are joined by others across the nation by video, their struggles and progress toward recovery will inspire and give you hope!

This program is part of NAMI California's Stigma and Discrimination Reduction programs, which strives to eliminate barriers to treatment through engagement and education.

The two presenters will cover:

1. Dark Days
2. Acceptance
3. Treatment
4. Coping Skills
5. Successes, Hopes, and Dreams



Here are some comments from people who have viewed this presentation:

- *"I did not know people could be so severely 'disturbed' and still recover before I heard this presentation." - Student*
- *"Breaks the stereotype that clients with mental illnesses are 'goalless' or 'not motivated'." - Nursing student*
- *"It really opened my eyes to what some people have to go through and now I have a new perspective on the way I look at this." - Community member*

**Email: [info@namiventura.org](mailto:info@namiventura.org) \* Website: [www.namiventura.org](http://www.namiventura.org)**

**PROGRAM IS FREE BUT DONATIONS ARE GRATEFULLY ACCEPTED**

**Conejo Valley Unitarian Universalist Fellowship  
3327 Old Conejo Road, Newbury Park**

**For more information eMail: [forum@cvuuf.org](mailto:forum@cvuuf.org)  
<http://forum.cvuuf.org>**