

Becoming



Take control of your mental health story

Saturday, June 10, 2023 | 10 a.m. - 5 p.m.

**Mae Helene Bacon Boggs Building
2420 Breslauer Way, Redding**

Worried how friends or relatives may react if they knew about your diagnosis?

Unsure whether to tell your boss about your mental health condition?

Join us for this free, one-day, peer-led training, and:

1. Weigh the pros and cons of disclosing personal experience with mental health or substance use challenges.
2. Develop strategies for safer disclosing.
3. Craft your story into a meaningful message.

Lunch is provided and space is limited.

To RSVP, contact Christopher at cdiamond@co.shasta.ca.us or (530) 229-8484.



StandAgainstStigma.com



The Brave Faces Gallery is sponsored by the Shasta County Health and Human Services Agency in conjunction with the Stand Against Stigma Committee and our many community partners and advisory boards. Funding for Stand Against Stigma is provided through the Mental Health Services Act.