

Becoming



Brave

Take control of your mental health story

Saturday, June 29, 2024 | 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 sharing personal experience with mental health or substance use challenges.
2. Develop strategies for safer sharing.
3. Craft your story into a meaningful message.



Lunch is provided and space is limited. RSVP by June 25, 2024. Use the QR code or contact Christopher at cdiamond@shastacounty.gov or (530) 229-8484 to sign up.



StandAgainstStigma.com/Becoming-Brave



Becoming Brave 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.