In Our Own Voice (IOOV) is a powerful presentation that aims to change attitudes, assumptions, and stereotypes about people living with mental health conditions.

Two trained presenters with first-hand experience of a mental health condition talk openly about their experiences and how they have found pathways to hope and healing. The presentation includes personal testimony, a video component, and discussion. Audience members will have the opportunity to ask questions, learn more about mental health, and challenge misconceptions.

Date
Monday, March 9, 2020

Snow Date
Monday, March 16, 2020

Time
7:00 pm to 8:30 pm

Location
Flint Room, 2nd Floor - Town Center
12 Mudge Way
Bedford, MA 01730

RSVP REQUIRED
youthandfamily@bedfordma.gov
781-275-7727

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