



National Alliance on Mental Illness

# **nami** | Tri-Valley

**NAMI TRI-VALLEY PRESENTS**

## **In Our Own Voice**

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**MONDAY, NOVEMBER 5, 2018**

**7:00 p.m. to 8:30 p.m.**

**Livermore Public Library  
Community Room B**

**1188 S. Livermore Avenue, Livermore**

**Refreshments provided**

*For further information, please check*

**NAMI Tri-Valley's website at [www.nami-trivalley.org](http://www.nami-trivalley.org)**

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On November 5, 2018, a 90-minute presentation will be given by two speakers living with mental illness. In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV creates awareness about what is involved in recovery from mental illness. The presentation is a powerful anti-stigma tool, which is changing hearts, minds, and attitudes about mental illness.