

# IT'S TIME WE TALK

Connecting the community through a series of discussions and events promoting emotional well-being

February 2019

## SCHEDULE OF EVENTS

**2/17 East Bay Regional Poster and Video Contest**, 1:30-4:30pm

*Jennifer English Gallery & Collis Gallery*

Members of the East Bay community have used their artistic skills to create original posters and videos that educate about mental health and substance use disorder. Join us as we unveil the artwork and honor the artists who have participated.

**2/28 Introduction to Virtual Reality Meditation**, 2:00-3:30 & 6:30-8:00pm

*Collis Gallery*

**Thursdays, 2/14 - 3/21 Chronic Pain Self-Management Program, *Own Your Health***, 9:30-12pm

*Collis Gallery* \*Registration Required – Visit [barringtonlibrary.org](http://barringtonlibrary.org)

Informational Session, **2/7** 9:00-10:30am *Collis Gallery*

***Own Your Own Health*** Empowers **YOU** to take charge of your own health by joining a program proven to work. *No cost.*

- Manage pain.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.

know the five signs.



not feeling like u?



feeling agitated?



are u withdrawn?



caring 4 yourself?



feeling hopeless?

#ChangeMentalHealth  
visit  
[www.changedirection.org](http://www.changedirection.org)