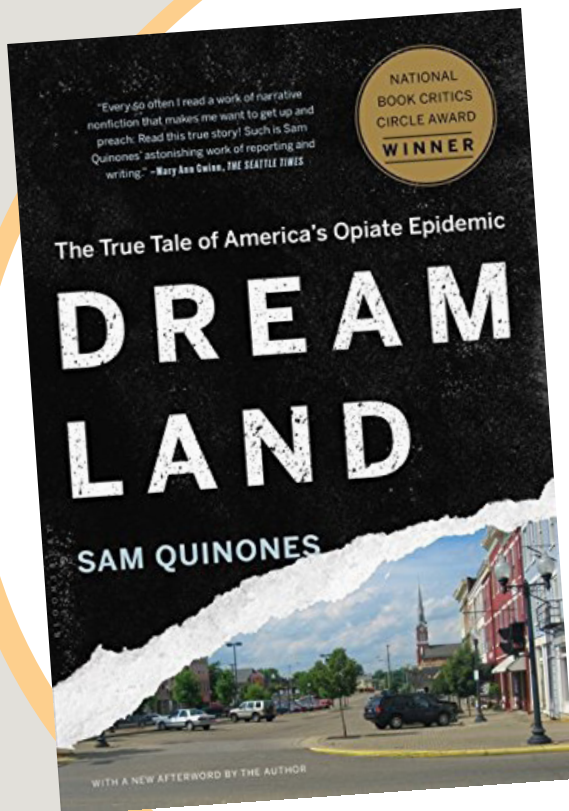


# IT'S TIME WE TALK

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

## Book Discussion

► All events are free!



Thursday, May 23 • 6:30 pm

### Community-wide book discussion

Dreamland is a book that chronicles the history of the opioid epidemic and how we ended up where we are now – RI has the 11th highest number of drug overdose deaths. Pre-registration is needed to meet the minimum required to Skype with author Sam Quinones.

Free copies available at the library.

[www.samquinones.com/books/dreamland](http://www.samquinones.com/books/dreamland)

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are u withdrawn?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)