

"Your heartache is someone else's hope. If you make it through, somebody else is going to make it through. Tell your story." -Kim McManus



SPEAK OUR MIND

Join us to hear compelling personal stories about living with mental illness & achieving recovery. Discussion to follow.

Monday, May 8th @ 1:00 P.M.

Free Mental Health Swag Give Away

Refreshments Provided

Red Bluff County Library
645 Madison Red Bluff, CA 96080

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