



In This Together

Ribbons for Awareness

community event

MAY 16

Most of us will be touched by **mental illness** in some way during our lifetimes. Join us for a community-wide event to help **bring awareness** and **break the stigma**.

- 1** From **3-5 p.m.**, grab your co-workers, friends or family and tie **green ribbons** around trees in your area.
- 2** Join us at the **Consumer Family Learning Center**, 2001 28th St., from **5-7 p.m.**, to hear stories of hope and recovery.
- 3** **Share** your experiences on social media using **#ribbonchallenge** and **#ribbonsforawareness**. Don't forget to tag KernBHRS in your post or tweet!

For more information, visit www.KernBHRS.org/mentalhealthmonth.

