



JOIN US FOR

## In Our Own Voice

A mental health awareness presentation & conversation

Sunday, March 19 | 4-5 pm

First Parish of Norwell Unitarian Universalist

24 River Street, Norwell

During this presentation, speakers with lived experience of a mental health condition will share their experiences and how they have found pathways to hope and healing. Audience members will have the opportunity to ask questions, learn more about mental health conditions, and challenge misconceptions.

This presentation is hosted by First Parish of Norwell Unitarian Universalist in collaboration with NAMI Massachusetts.