

FREE MENTAL HEALTH CLASS

IN OUR OWN VOICE (IOOV)

Understand the journey of people with mental illness in recovery. IOOV is a unique public education program in which two trained speakers share compelling personal stories about living with a mental illness and achieving recovery, demonstrating that there is hope for recovery for people with mental illnesses. The presentation includes personal stories and video clips, as well as offering an opportunity to ask questions. The IOOV program has touched many lives and is effective in reducing the stigma surrounding mental illnesses. **This 60 to 90-minute class is for any groups interested in learning more about mental illnesses and recovery.**



WEDNESDAY, MARCH 18

11:00 am - 12:30 pm

**CHISAGO COUNTY
DROP-IN CENTER**

6500 Main Street
North Branch, MN 55056



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