

January - June 2019

# IT'S TIME WE TALK

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

## » Upcoming Programs:

- Oculus Introduction
- Teen Study Time Programming
- Community Read - **Dreamland**
- Healthy Living With Chronic Pain
- Art, Music, Films
- Human Library

January 27, 2-4 pm  
Barrington Public Library  
**free!**

## *Kick-off Reception* featuring Dr. Barbara Van Dahlen

Barbara Van Dahlen, Ph.D., named to TIME's 2012 list of the 100 most influential people in the world, is the president and founder of **Give an Hour™** an organization of mental health professionals who provide free services to U.S. troops, veterans, their loved ones, and their communities. **Give an Hour** also leads the Campaign to **Change Direction®**, a global initiative focused on changing the culture of mental health. Dr. Van Dahlen contributes to the Huffington Post and TIME, AP, New York Times, Wall Street Journal, Washington Post, Newsweek, Time, USA Today, CNN, NPR, and many other media outlets.

know the five signs.



not feeling like u?

feeling agitated?

are u withdrawn?

caring 4 yourself?

feeling hopeless?

» Community Resource Fair  
» Refreshments served

#ChangeMentalHealth  
visit  
[www.changedirection.org](http://www.changedirection.org)