

Conversations for Connection

Thursday, April 29, 7 pm- 8 pm (MT)

Replacing Stigma with Help and Hope

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support, and living well. Learning how to avoid and address stigma are important for all of us. Every day, we have an opportunity to help create broader understanding of mental health, overcome stereotypes, and break down barriers. Join NAMI for this discussion on how we can all do a little bit more each day to eliminate stigma and replace it with help and hope. **Anna Kim** is the Executive Director for NAMI (National Alliance on Mental Illness) Boulder County. She is passionate about

NAMI's mission of providing support, education and advocacy for individuals and families impacted by mental illness, and to reduce stigma, instill hope, and generate change. Learn more at <https://namibouldercounty.org/>

