

# *In Our Own Voice*

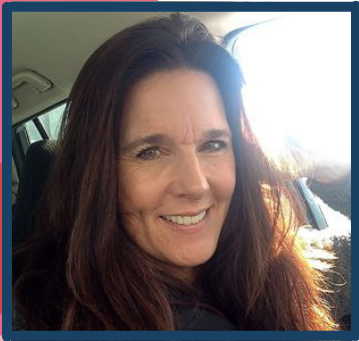
**SUNDAY, FEBRUARY 20TH**

**4PM ON ZOOM**

**INMI ANNUAL MEETING TO FOLLOW**

**[CLICK HERE TO JOIN](#)**

**This free presentation will provide a personal perspective on mental health conditions, as NAMI leaders Kristin Jones and Athena Kabylafkas with lived experience talk openly about what it's like.**



***Kristin Jones*** – Associate Program Director – NAMI Colorado. Kristin coordinates programs and resources such as Frontline Wellness which supports frontline professionals, Homefront which supports veterans and veteran families, and Provider which teaches healthcare workers how to best support those with mental health conditions and their families.



***Athena Kabylafkas*** - Finance Director – NAMI Colorado. Athena has over 20 years of work and volunteer experience in the non-profit, public and private sectors. Athena decided after battling, surviving and thriving with Bipolar Disorder and CPTSD in her own life, she wanted to give back.