

NO MORE WHISPERS: Into the Light: Every Family Has a Story About Emotional Suffering

Sponsored by and made possible by:
Newton Medical Center's Faith Community Health Partnership
Sussex County Mental Health Administrator
Atlantic Behavioral Health

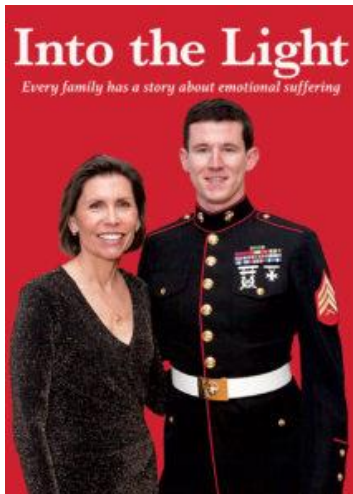
Wednesday, April 10, 2019 from 5:45 pm – 8:15 pm

First United Methodist Church – Main Hall

111 Ryerson Avenue, Newton, NJ 07860

(Complimentary Healthy Box Dinner at 5:45 pm for all who RSVP by Friday, April 5th)

R.S.V.P. Randy Parks at 973-579-8625 or randolph.parks@atlantichealth.org



Into the Light is a documentary that focuses on Brendan O'Toole, a former Marine, and his struggle to assimilate back into society after returning from war, and Dr. Barbara Van Dahlen, founder and president of Give an Hour, as she comes to the realization that she needs to share her own story.

Ultimately this is a film about trust...the trust we put in one another so we can feel safe to tell our stories. The film's purpose is simple and direct: to serve as a conversation starter for people to change the culture around mental health, mental illness and emotional well-being.

The documentary will be followed by a guided discussion in which to explore and share your thoughts, feelings and experiences as they relate to the people and matters presented in the film.

Also, you will hear the stories of one or two members of our community living with mental illness, the struggles and the joys they encounter in life.

No More Whispers.

Let's end the whispering about mental illness and addiction. There is no shame. You can't catch it, and like many other diseases, no one asks for it. It affects all ages, ethnicities, income levels and genders. We all know someone. Don't fear it. Don't judge it. Understand it. *Let's not whisper anymore.*

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