

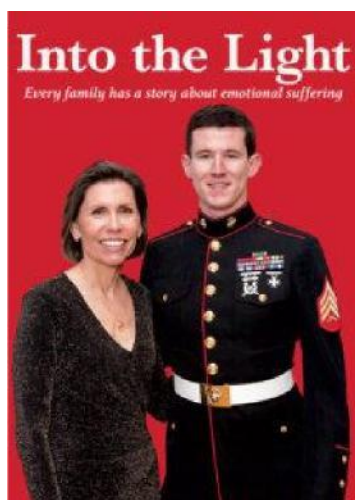
# ***Into the Light:*** **Every Family Has a Story About Emotional Suffering**

*Sponsored by the*

**Sussex County Division of Community & Youth Services  
and  
NAMI Sussex**

**Sparta Library  
22 Woodport Rd., Sparta, NJ**

**Wednesday, October 9, 2019  
6:00 PM**



***Into the Light*** is a documentary film that focuses on Brendan O'Toole, a Marine veteran, 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 with the audience to explore and share thoughts, feelings and experiences as they relate to the stories presented in the film.

One or two members of our community living with mental health conditions will also share their personal stories of recovery and hope. Community resources will be provided, with an emphasis on resources for veterans coping with Post-traumatic Stress.

For questions, call 973-214-0632 or email [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com).

