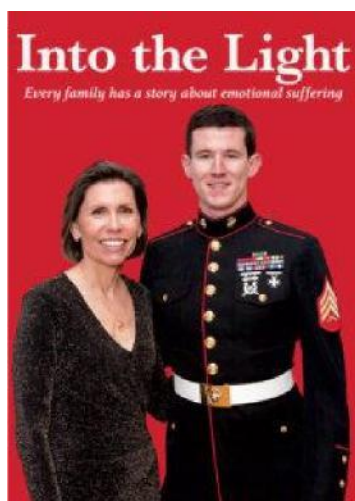


Into the Light: **Every Family Has a Story About Emotional Suffering**

Sponsored by the
Sussex County Division of Community & Youth Services
and
NAMI Sussex

Thursday, May 23, 2019
6:30 pm – 8:30 pm
Hopatcong Community Resource & Wellness Center
47 Hopatchung Road, Hopatcong NJ 07843



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.

Advance registration is not required.
Coffee and light refreshments will be served.

For questions, call 973-214-0632 or email nami.sussex@gmail.com.

