## Free Opal Network Public Event Creativity & Mental Wellness

## **Art for Empowerment & Mad Pride in Mental Health**

You are invited to a free, special gathering with workshops & performances!

**Where: Trauma Healing Project** 

1100 Charnelton St., Eugene, OR

When: *This Tues.*, 29 Oct. 2019

3:30 pm - 5:30 pm

Live music with guitarist David Rogers!

Guests via web video on a screen, including standup comic psychiatric survivor Jim Flannery in Mass.



Hosts: Christina Peirsol & David W. Oaks

## Free Art Workshop by Scott Parker

Explore your creativity!

Enjoy an easy drop-in class.

All ages welcome.

All materials provided.

No experience needed.

Wheelchair accessible.
Sign language if 72 hours notice.

Ask about joining via live web video from anywhere on Earth:

<u>OpalNetwork@protonmail.com</u>

Questions about the event: 541-914-1469.

All are welcome!
We especially invite mental health
consumers and psychiatric
survivors to attend & speak out!

Free, yummy New Day snacks. Beverages.
Celebrate Halloween!



Make banners & signs for mental wellness. Supplies provided.

Bring your signs, banners, costumes to Halloween, Thurs. 31 Oct. 2019,

5-6:30pm Kesey Square All ages welcome! Theme: RIP Normality!

## **Opal Network**:

A Lane County coalition to support the self-determination, voice and empowerment of clients of mental health services.

Thank you to Opal Network Sponsors:

- Aciu Institute Center for Family Development
- Direction Service Eugene Office of Human Rights
- Lane County Mental Health Consumer/Survivor Advisory Council • Lane Independent Living Alliance • Laurel Hill Center • MindFreedom Oregon • NAMI Lane County
- Oregon Consumer/Survivor Coalition
   Oregon Family Support Network
   PeaceHealth Counseling Services
  - Sexual Assault Support Services
     ShelterCare
  - Trauma Healing Project White Bird/CAHOOTS