

MAIN LIBRARY PROGRAM

"IN OUR OWN VOICE"

FROM THE NATIONAL
ALLIANCE ON MENTAL HEALTH

**THURSDAY
MAY 19
2022**

6:00 PM - 7:00 PM

In Our Own Voice presentations consist of two speakers who offer insight into their ongoing recovery by speaking about their struggles and successes while living with mental health conditions. Together with their personal accounts, the presenters play a short DVD and conduct discussions with audience members.

PRESENTERS

DON FISCHER

Don lives in Stratford and is the Recovery Programs Coordinator of the Connecticut chapter of the National Alliance of Mental Illness (NAMI). As well as coordinating the In Our Own Voice program, he is also a presenter. Don also coordinates the NAMI Connection Recovery Support Groups, where people with a variety of mental health offer each other encouragement and empathy. He also facilitates three online connection groups each week.

Each day, Don practices a combination of journaling and meditation, which help him to enhance his mental and physical wellness.

KATIE GALLO

Katie lives in Norwalk with her husband and 7-year-old son. She is the Founder/CEO of Daydream Communications, a company that specializes in marketing for healthcare, nonprofits and behavioral health organizations. She is passionate about mental health advocacy and raises awareness through her work and her volunteer roles with The Norwalk Partnership and National Alliance on Mental Illness. Katie is sharing her personal story about her mental health journey to provide hope for others struggling with mental health conditions.

This program is free and open to the public.
Registration is available online or by calling **203.899.2780**



www.norwalkpl.org

Main Library • 1 Belden Avenue Norwalk, CT 06850 • 203.899.2780