

**Exhibitors**

Exhibits begin at 6:30 pm.

*Alcoholics Anonymous*

*Alexandria Community Services Board*

*Friends of the Alexandria Mental Health Center*

*CrisisLink*

*Depression and Bipolar Support Alliance*

*Narcotics Anonymous*

*NAMI of Northern Virginia*

*The Partnership for a Healthier Alexandria's  
Substance Abuse Prevention Coalition of Alexandria*

*Substance Abuse and Addiction Recovery Alliance  
(SAARA)*

**The Alexandria Community Services Board  
& The Partnership for a Healthier Alexandria  
Present:**

**David Granirer**

**I'm Okay, But You  
Need Professional Help:  
Using Humor to Fight Stigma**



**May 21, 2009**



# I'm Okay, But You Need Professional Help: Using Humor to Fight Stigma

6:45-8:30pm

Presented by

**David Granirer,  
Counselor and Comedian**

Opening and Closing Remarks

**Michael Gilmore, Ph.D.,  
Executive Director, Alexandria CSB**

8:30 pm

**DVD and Book Sale and Signing**

DVDs \$20, books \$15. Cash or check payable to  
Friends of the AMHC.

This event is offered free to the community in recognition of National Mental Health Month as part of the Partnership for A Healthier Alexandria's HOPE Campaign to fight the stigma of accessing mental health services.

This May, Mental Health Month offers ways to Live Your Life Well <sup>SM</sup>, in light of increasing economic troubles piled on top of work, family and everyday demands. The campaign offers 10 specific, scientifically proven things that everyone can do to better handle challenges, protect their health and increase their well-being. See the handout or visit [www.liveyourlifewell.org](http://www.liveyourlifewell.org) for more information.

## THANK YOU



Promoting Respect, Recovery, Hope



- Clarence Johnson** An Alexandria CSB client and member of the West End Clubhouse.
- Dana Payne** An Alexandria CSB board member in recovery from depression.
- Craig Pearson** An Alexandria CSB "Peer Support Specialist," a person in recovery who supports others with mental illness.
- Jeffery Widom** A NAMI *In Our Own Voices* presenter who enjoys adding humor to his presentations.
- Susan Johnson and "Steady R of the Heart"** Members of the Depression and Bipolar Support Alliance who performed at the DBSA conference in May 2008.