



## PUBLIC EDUCATION LECTURE SERIES

### “STORIES OF COURAGE AND SUCCESS”



**Savanna Beatch**, at age 22 was diagnosed with Bipolar I. Savana shares her story with high school students across the North Shore. “I love doing the talks and I am in full support of education early on in order to demolish stigma.” She goes on to say; “Stigma towards mental illness is so prevalent that it affects everyone. So when you develop a mental illness you hold onto those stigmas and you believe them and it stops your growth. This is self-stigma. Sharing openly about my Bipolar is a great way to get people to change their ideas about mental illness.”

**Please join us:**

**HOpe Centre Atrium**

**1337 St. Andrews Ave.**

**North Vancouver**

**Wednesday Nov. 30, 2016**



**Erin Emiru—Hawkes MSc, Author**,

remembers the voices. She started hearing them when she was about five, but they were nice to her then. By the time she was a teenager, though, the voices had grown more demanding and controlling, sometimes becoming downright nasty. “I was described as refractory [resistant to treatment], which basically means there’s no hope. It feels good to prove them wrong.”

Dr. Richard O’Reilly, MB FRCP Professor, Department of Psychiatry U. of Western Ontario writes Erin, with her unique expertise as a neuroscientist and as a patient suffering from Schizophrenia, tells us clearly that schizophrenia is a brain disorder and that its symptoms are related to disrupted levels of brain neurotransmitters.”

Erin will have copies of her book, “When Quietness Came” on hand for sale. \$20.00

**NEW TIME 7:00 p.m.**

**Free to attend; no registration required.**

**For information: [www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org) or call 604-926-0856.**