



# Honest, Open, Proud

Ever wonder what to say to your friend about what you've experienced?

*Wonder how to tell Grandma about the challenges you have faced?*

Sick of keeping a big secret but not sure if others can be trusted?

Think you have some wisdom to share with others but aren't sure where to start?

## **HONEST, OPEN, PROUD may be for you!**

The goal is for you to think about the upsides and downsides of talking about your experiences with mental health challenges in the daily settings of your life (friendships, workplaces, school, etc.). Together, you learn ways to talk about yourself that have worked for other teens. This program empowers you to make the best decision for yourself and, if you decide to talk to others, to be ready for any unexpected responses. We meet together for a one day workshop for six hours.

### **The workshop will be:**

**Dates:** Monday, July 25, at 9:00 AM to 3:00 PM

**Location:** NAMI Fox Valley 211 East Franklin Street, Appleton

To sign up for a spot in the group of 12, talk to:

**Contact:** Ann Jadin, Community Engagement Director at NAMI Fox Valley

**Email:** ann at namifoxvalley.org or call 920 954-1550

WISE, Wisconsin Initiative for Stigma Elimination, is the home for Honest, Open, Proud – High School in Wisconsin. Visit [WISEwisconsin.org](http://WISEwisconsin.org) for further information.





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**The three meetings will be:**

**Dates:** Mondays, **August 8, 15, 22, at 2:30 to 4:30 PM**

**Location:** Outreach Center 322 North Appleton Street, Appleton

To sign up for a spot in the group of 12, talk to:

**Contact:** Ann Jadin, Community Engagement Director at NAMI Fox Valley

**Email:** [ann@namifoxvalley.org](mailto:ann@namifoxvalley.org) or call 920 954-1550

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