



NAMI Tri-Valley

General Meeting

Presents



Presented by:
Heather Pitman & Jennifer Metz

Tuesday, March 10th, 2026

7:00 p.m. to 8:30 p.m.

**This presentation will be given on Zoom only
To participate, please access the following link:**

<https://tinyurl.com/ntvgeneralmeetings2026>

For further information, contact info@namitrivalley.org or 925-344-4480

We are very excited to announce that In Our Own Voice presenters Heather Pitman & Jennifer Metz will share their personal life stories & experiences on living with mental illness during our March General Meeting!

NAMI In Our Own Voice is an interactive presentation that provides insight into what it's like to live with mental illness. The presentation is led by two adults living with mental health conditions and includes video and discussion. Audiences are given a safe place to ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we help the movement to build better lives.

This presentation provides:

- An opportunity to hear open and honest perspectives on a highly misunderstood topic
- A chance to ask leaders questions, allowing for a deeper understanding of mental health conditions and dispelling stereotypes and misconceptions
- The understanding that people with mental health conditions have lives enriched by hopes, dreams and goals
- Information on how to learn more about mental health and get involved with the mental health community