



# NAMI Tri-Valley

## General Meeting

Presents



*Presented by:*

**Heather Pitman & Jennifer Hartmann**

**Tuesday, March 11th, 2025**

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

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

Join Zoom Meeting:

<https://us02web.zoom.us/j/89649596577?pwd=a0FhdnBnSW90QVJIT2xZcUg4dDJEQT09>

Meeting ID: 896 4959 6577 / Passcode: 637136

***For further information, contact Armine Matentsian at 408-836-0851***

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We are very excited to announce that In Our Own Voice presenters Heather Pitman & Jennifer Hartmann 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 grow 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 of 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