

Telling My Story

MENTAL HEALTH DISPARITIES FOR
LGBTQIA+ AND BIPOC COMMUNITIES



**** FREE TO PARTICIPATE & FOOD PROVIDED ****

**** STIPENDS AVAILABLE FOR THOSE IN NEED ****

First session: 3/30 @5-8pm, 3/31 @5-8pm, and 4/1 @10am-5pm at the UU
Congregation of the Upper Valley, Norwich, VT

Second session: 5/18 @5-8pm, 5/19 @5-8pm, and 5/20 @10am-5pm
(location TBD)

Third sessions: 6/8 @5-8pm, 6/9 @5-8pm, and 6/10 @10am-5pm (location
TBD)

All are welcome. Contact TELLINGMYSTORYMEDIA@GMAIL.COM.

Telling My Story (TMS) will be running a new workshop with mental health providers and community members in the Upper Valley that will address the urgent need for the mental health system and profession to expand awareness and cultural competency with respect to BIPOC and LGBTQIA+ communities and individuals. Telling My Story workshops are aimed at having participants reclaim voice, explore privilege, and build community through use of the creative and expressive arts. The goal of these newly designed workshops will be to increase the quality of care for marginalized individuals, to increase cultural competencies and broaden awareness of systemic discrimination within mental health institutions, and to build trust between providers and marginalized people in the LGBTQIA+ and BIPOC communities.

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