

# SAVE THE DATE



*presents*

## **“Stigma...in Our Work, in Our Lives”**

Within the mental health and substance abuse communities, a very real and powerful phenomenon is at work. It can damage therapeutic, professional, and personal relationships, threaten the effectiveness of services and treatment, and often keeps people from seeking the help they need. That phenomenon is stigma.

The interactive workshop, Stigma...in Our Work, in Our Lives is designed to reduce stigmatizing attitudes, behaviors, and practices within the mental health and substance abuse communities.

Through a variety of learning approaches, you will:

- Identify stigmatizing attitudes and behaviors and discuss their impact on the design, delivery and receipt of services
- Examine the impact of stigma on the lives of mental and substance abuse health professionals, family members, and consumers
- Formulate a plan to combat stigma
- Talk, listen and learn in a comfortable atmosphere

Presented by On Our Own of Maryland, Inc.'s Anti-Stigma Project  
(visit [www.onourownmd.org](http://www.onourownmd.org))

### **WHEN**

**Thursday,  
January 10, 2019**

### **WHERE**

**On Our Own  
of Carroll County  
265 E. Main Street  
Westminster, MD 21158**

### **WHAT TIME**

**1:00 pm – 4:00 pm**

***For more information,  
please contact:***

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410-751-6600**

### **What Participants Are Saying...**

**“I stigmatize a lot  
more than I’ve ever  
admitted to myself.”  
*Montclair, New Jersey***

**“This is probably the best  
chance to improve the quality  
of treatment in Maryland.”  
*Baltimore, Maryland***

**“I realized ... how unaware I was.”  
*Towson, Maryland***

**“[The leaders were]  
very clear. Fun and  
intelligent. Very friendly  
and approachable.  
Bring ‘em back!”  
*New Britain, Connecticut***