

# Inspire!



## Winter Series: Exploring Mental Illnesses

Mondays at 6:00pm

*Everyone is encouraged to come learn about the signs, symptoms and treatments for mental illness, separating fact from fiction, so that together we can defeat stigma with understanding.*

January 14 – Michele VanderSchel, Ottawa County CMH  
*Schizophrenia*

January 21 – Bret VanTol, Pine Rest  
*Bipolar and Depression*

January 28 – Kayla Moore, Mercy Health  
*Panic & Anxiety Disorders*

**MOMENTUM**  
CENTER FOR  
SOCIAL  
ENGAGEMENT

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