



# Webinar Speaker Series

Training and Resources for Systems, Providers,  
Community Agencies, Family, and Youth



## Transforming Stigma, How to Become a Mental Wellness Superhero

**Date:**

Thursday, January 21, 2021  
2:30 pm to 3:30 pm EST

Registration is required for this  
**FREE** event:

<http://bit.ly/3oY6Qpz>

Mike Veny shares his story about living with depression, anxiety, and obsessive-compulsive disorder. He will talk to us about his formula for transforming stigma and then show us how we all can become a mental wellness superhero.

*Learning outcomes:*

- Understand The Stigma Cycle™ and what prevents us from asking for help.
- Understand how to replace shame through self-care.
- Use conversation to transform silence.



Transform sabotage, social injustice, self-destructive behavior, and prevent suicide by connecting with others.

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<https://bit.ly/35SJLOq>

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DEVELOPING SYSTEMS THAT CARE