



Let's End Mental Health Month with a BANG!
Tuesday, May 31, 2016 @ 6:30 pm
SUNY Sullivan - Seelig Theatre 112 College Road, Loch Sheldrake, NY

Mike Veny



Founder of TransformingStigma.com

A sought-after mental health stigma expert, keynote speaker and high-energy interactive drumming facilitator, Mike has delivered entertaining, engaging, and educational experiences to conferences and events *throughout the world* and he's **coming to Sullivan County!**

Transforming Stigma Into Strength

A compelling Keynote Presentation *guaranteed to engage any audience!* In addition to being hospitalized as a child, Mike was expelled from three schools. By the fifth grade, he was put in a special education class. Aside from getting more attention from the teacher, he learned that pencil erasers make a great sound when tapped on a desk. He had no idea that drumming would become his path to RECOVERY AND SUCCESS. Mike shares how his anger, depression, anxiety and obsessive compulsive disorder were both INDISPENSIBLE and BENEFICIAL to a successful music career. Designed for adults and professionals in the workplace. Mike talks about the Stigma Cycle, transforming shame, transforming self-destructive behavior and transforming silence through keeping the subject of mental health in everyday conversation and in school.

**FREE OF CHARGE - But please PRE-REGISTER
on or before 5/26/16 by calling (845) 794-1029**

Drum Up Your Feelings

This program is designed exclusively as a leadership program for adults. Drumming creates a profound sense of energy with self and synergy with others. The simple act of having people gather in a circle and bang out a beat can be tremendously uniting, motivating and downright FUN! Lots of music will be made with percussion instruments and participants will experience smiles and laughter through interactive games.

Sponsored by SPEAR
(Sullivan Peer Empowerment and Recovery)



Sullivan County, NY
The County's Voice on Mental Illness



SPEAR is a joint venture of
NAMI of Sullivan County, NY and
Action Toward Independence.

