

# HOPE IS ALIVE! OPEN MIC

*Has creating music, rhymes or poetry given you light in dark times, or shed light on a hidden struggle? Come celebrate how art heals!*



AT THE  
MINDS MATTER  
MENTAL HEALTH RESOURCE FAIR

SATURDAY, MAY 4, 2024

10:00 A.M. PERFORMER SIGN-IN

10:30 A.M.-1:30 P.M. OPEN MIC

LAKE REDDING PARK PAVILION & GAZEBO

*Hope Is Alive! is a FREE event to fight stigma related to mental health challenges.*

*To learn more, visit [StandAgainstStigma.com](https://StandAgainstStigma.com), email [StandAgainstStigma@shastacounty.gov](mailto:StandAgainstStigma@shastacounty.gov) or call (530) 229-8484.*



Sponsored by the Shasta County Health and Human Services Agency in conjunction with the Stand Against Stigma Committee and our many community partners and advisory boards. Funding for this event is provided through the Mental Health Services Act.