

May is Mental Health Awareness Month!

Each year during **Mental Health Awareness Month** the Loudoun County Public Library presents a myriad of programs to provide information and inspiration, and encourage open dialogue. All programs take place at **Rust Library**.



DOWN SYNDROME
ASSOCIATION OF NORTHERN VIRGINIA

Living with Down Syndrome

presented by Erin Thompson of the Down Syndrome Association of Northern Virginia

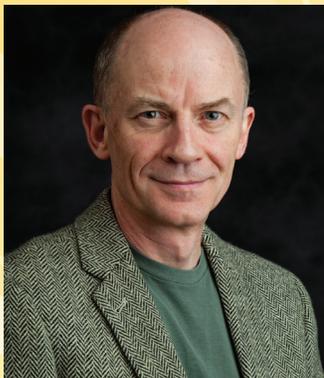
• **Saturday, May 7, 2:00 pm** / Information, support and advocacy.

Erin Thompson is a graduate of the Mason LIFE program at George Mason University and has received several awards for advocacy relating to Down Syndrome.

Changing the Conversation About Mental Health

with Jordan Burnham of Active Minds

• **Sunday, May 15, 2:00 pm** / As a high school senior, Jordan Burnham had everything to live for, but he secretly battled depression and attempted to take his own life. His survival propelled him to begin to deal with his depression and learn healthier coping mechanisms. Jordan has appeared on CNN, Dr. Phil and addressed a congressional briefing on Capitol Hill. For teens and young adults. Sponsored by the A.V. Symington Gift Fund.



One of Us: A Family's Life with Autism

with author Mark Osteen

• **Saturday May 21, 2:00 pm** / In a deeply moving personal narrative, Mark Osteen chronicles the experience of raising his autistic son, Cameron. *One of Us* is not about a child who overcomes autism, but the triumph of love over tremendous adversity. Osteen is Professor of English at Loyola University. Much of his recent scholarship has focused on autism and disability studies.

In Our Own Voices

• **Thursday, May 26, 7:00 pm** / Loudoun residents will explain the challenges and dark days of mental illness and describe their paths toward recovery. You will leave full of admiration for their courage and enthusiastic about their futures. For teens and adults.



In partnership with Loudoun County Department of Mental Health, Mental Retardation and Substance Abuse, Loudoun Friends of Mental Health and Loudoun County Public School.



Loudoun County Public Library

For more information call 703-777-0368 or visit library.loudoun.gov.

If you require any type of reasonable accommodation, as a result of a physical, sensory or mental disability, to participate in our programs, please call 703-777-0368/Voice/TTY. Three days notice is requested.