

# Laughter! Not Stigma.

## Join us for an evening of *Free* entertainment



Victoria Maxwell has been speaking and facilitating workshops for over 15 years, acting for over 30, and blogging for Psychology Today Magazine for over 10. She's written five plays, three of which she continues to perform throughout North America. Victoria, who lives with bipolar disorder, anxiety and psychosis, is also one of North America's top speakers on the lived experience of mental illness and recovery, and creativity and wellness.

Victoria will be performing her critically acclaimed solo show ***That's Just Crazy Talk*** which looks at both the light and dark side of living with bipolar disorder, anxiety and psychosis. It describes one woman's journey of coming to terms with mental illness within herself and in her family, uncovering long kept secrets. ***That's Just Crazy Talk*** is endorsed by the Mental Health Commission of Canada (MHCC) as one of the most effective anti-stigma tools in Canada. [www.victoriamaxwell.com](http://www.victoriamaxwell.com)

**Wednesday, October 19, 2016**

**6:30-9:00pm** (doors open at 6pm)

**Kenneth J. Minnaert Center for the Arts  
2011 Mottman Rd SW, Olympia, WA 98512**

Sam Miller grew up in rural Pierce County and moved to Olympia at the age of 14. Sam has worked as a farm hand, a ranch hand, been an inmate, a wildland firefighter, a dishwasher, a warehouse worker, assistant preschool teacher, a chemical dependency counselor and a bouncer. He has lived with alcoholism and methamphetamine addiction since his early teens. He is now in recovery and is currently a husband, father, student and comedian. Some people do comedy instead of therapy; we can all be happy that Sam does both.



For additional information, please contact  
NAMI Thurston/Mason at 360-493-6021 or  
[Info@namitm.org](mailto:Info@namitm.org)

*Donations accepted.*

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