

# Laughter! Not Stigma II

Join us for an evening of *Free* entertainment



**David Granirer** is a counselor, stand-up comic, author, and founder of *Stand Up For Mental Health*, a program teaching stand-up comedy to people with mental health issues. David who himself has depression is featured in the VOICE Award winning documentary *Cracking Up*. He has worked with mental health organizations in Canada, the U.S., and Australia.

**I'm OK But YOU Need Professional Help: Creating Recovery One Laugh At A Time!**

standupformentalhealth.com



**stand up  
for mental  
health™**  
comedy recovery inclusion

**October 11, 2017**

**6:30-8:30pm** doors open at 6

**Shelton High School Auditorium  
3737 N Shelton Springs Road  
Shelton**

**October 12, 2017**

**6:30-8:30pm** doors open at 6

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

**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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National Alliance on Mental Illness  
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Behavioral Health Organization

**12th Annual Forum**