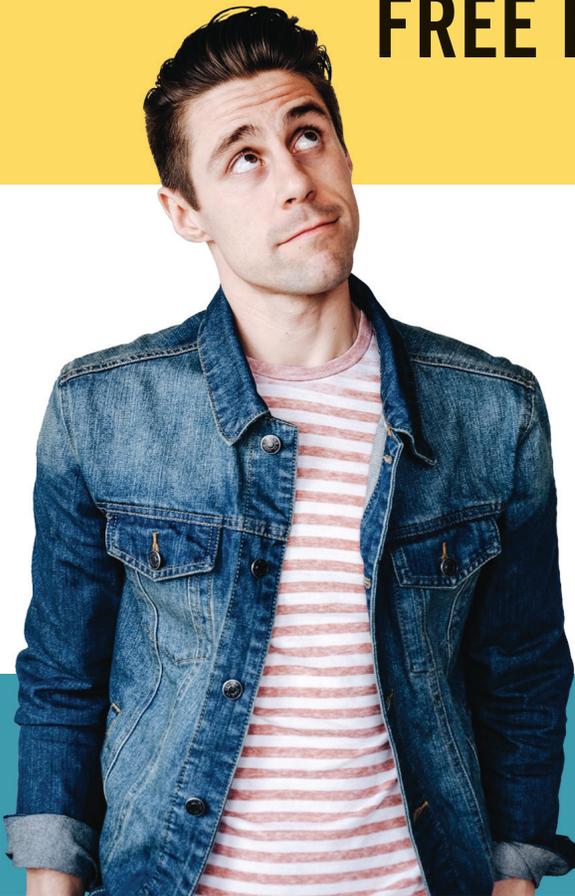


JOURNEY OF



Presented by Transitions-Mental Health Association

FREE EVENT FEATURING COMEDIAN Adam Grabowski



Adam Grabowski has performed at over 600 colleges and headlined in 48 states, speaking about his depression and anxiety. He introduces the #SAYITANYWAY Campaign, which empowers individuals to talk about their own mental health experiences. His message about finding your voice and understanding that you are not alone leaves audiences feeling empowered and connected through the art of comedy.

Spanish translation will be available.

“College Comic of the Year”
- APCA and Campus Activities Magazine

“Funniest Comedian”
- Simon Cowell, America’s Got Talent, Season 11

WEDNESDAY
Feb. 5th
6-8 PM

New Life Community Church
990 James Way,
Pismo Beach

THURSDAY
Feb. 6th
6-8 PM

Cuesta, North County Campus
2800 Buena Vista Dr, Paso Robles
Dallon’s Hall, Room N3102

Resource
Fair
5-6 PM

**will be available
at both locations**



No RSVP Required

For more info contact Elissa Feld, efeld@t-mha.org

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Student Health Center



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