With virtual guest speaker Bruce D. Perry, MD, PhD
co-author with Oprah Winfrey of
What Happened to You?:
Conversations on Trauma, Resilience, and Healing

Wednesday, November 2, 2022
Over the last thirty years, Dr. Perry has been an active teacher, clinician and researcher in children’s mental health and the neurosciences. His work on the impact of abuse, neglect and trauma on the developing brain has impacted clinical practice, programs and policy across the world. Dr. Perry’s most recent book, What Happened to You?: Conversations on Trauma, Resilience, and Healing (2021), co-authored with Oprah Winfrey, is a #1 New York Times Bestseller. Dr. Perry’s presentation will be presented via live stream in real time.
Wednesday
November 2, 2022
10:00 am  Registration
10:30 to 1:00 pm  Brunch & Program

Mental Health Advocate Award — 2022 Recipient
Barbara J. Brown
Founder of the Women’s Council on Mental Health in 1995
(renamed Vista Hill Council on Mental Health in 2011)

Location
THE US GRANT
326 Broadway
San Diego, California
Hosted Valet Parking

Information & Reservations
Jemma Samala
858-514-5123
Email: jsamala@vistahill.org
Council on Mental Health

Honorary Committee Chair
Chuck Pretto
Executive VP, The Kobey Corporation
District Governor, Rotary International 2022-23

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Matthew Zetumer, M.D.

*In Memoriam

VISTA HILL COUNCIL ON MENTAL HEALTH
OUR MISSION IS TO:
• Increase awareness and knowledge of mental health disorders and the effects they have on families;
• Remove the stigma of mental illness through education and outreach; and
• Provide help and positive support to those in need thereby improving their quality of life.
THANKS for GIVING Holiday Food and Toy Drive!

Throughout the upcoming holiday season, Vista Hill will distribute hundreds of pounds of non-perishable food and thousands of toys to families across San Diego County.

Please help us DECK the HALLS, bring JOY with TOYS, and GIVE what you CAN!

We invite you to bring non-perishable food items and/or unwrapped toys to the event from our wish lists below or you can order directly online.

Food Items:
Mac & Cheese, peanut butter, jelly, dry cereals, pasta and tomato sauce, PastaRoni, Rice-a-Roni, granola bars, oatmeal, beans, boxed rice, baby food, baby formula, nuts, applesauce, freeze-dried fruit, and 100-calorie snack bags. Canned goods such as fruits, vegetables, soups, chili and stew.

to give online: https://tinyurl.com/vhfooddrive2022

Toys:
Legos, dolls, blocks, toddler educational toys, art supplies, crafts, board games, sports balls, Play-Doh, slime, gift cards to Target, Walmart, and Amazon.

to give online: https://tinyurl.com/vhtoydrive2022
The Journey from Trauma to Healing

NON-MEMBER PRICING

- ₿ $1,250 (Preferred Table of 10)
- ₿ $850 (Table of 10)

MEMBER PRICING

- ₿ $125 (Preferred Seating)
- ₿ $100 (Preferred Seating)
- ₿ $85 (Individual Seating)
- ₿ $68 (Individual Seating)

My total number of tickets is _______ Total amount due $ ____________________________

Please include seating information and/or questions for the speakers on the back of this card.
Please list guests on reverse side.

☐ I wish to attend virtually. Please send me a link to view the presentation online and accept
  a donation in the amount of $ ____________________________

Name

Street Address

City State Zip

Telephone (  )

Email

☐ Check Enclosed (payable to Vista Hill) ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Card # Exp. Date

Name on Card CVV Code

Signature Total Amount: $

RSVP Deadline is October 24, 2022.

All seating is assigned on first-received paid status. Brunch value is $55, the remainder is a tax-deductible contribution.
For more information please contact Jemma Samala at 858-514-5123 or email jsamala@vistahill.org