

VISTA HILL COUNCIL ON MENTAL HEALTH (VHCMH)

— Presents —

The Journey from Trauma to Healing



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



VHCMH Brunch Program

Featuring Bruce D. Perry, MD, PhD

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.

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Children's Primary Care
Medical Group
...in Your Neighborhood


Molly's Angels
FOUNDATION

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*



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**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

_____ @ \$1,250 (Preferred Table of 10)

_____ @ \$850 (Table of 10)

NON-MEMBER PRICING

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