



AUGUST Education Forum via ZOOM:

My Bipolar Life. No Stigma, No Shame.

with author: Charita Cole Brown

Charita Cole Brown was diagnosed with a severe form of bipolar disorder while finishing her final semester as an English major at Wesleyan University. Doctors predicted she would never lead a "normal" life. Despite that prognosis and because she sought **treatment**, Charita went on to marry, raise a family, earn a master's degree in teaching and enjoy a fulfilling career in education. Her powerful story is chronicled in her debut book, *Defying the Verdict: My Bipolar Life*.

Tuesday, August 18, 2020

7-8:30 pm

Please Register:

<https://us02web.zoom.us/j/81679807448?pwd=TEdET0V5NGtSa254NmNXcGFTTVFZZz09>

(Presentation + Q & A)

We will raffle off three signed copies of her book "Defying the Verdict: My Bipolar Life" for those who pre-register by ***Friday, August 14th at 5PM***. Winners will be announced at the end of the event and books will be mailed.



Charita Cole Brown earned a BA in English from Wesleyan University and an MAT in Early Childhood Education from Towson University in Maryland. A retired educator, she is now a member of the National Alliance on Mental Illness (NAMI) Maryland Board of Directors and is also active in the local affiliate, NAMI Metropolitan Baltimore. Brown's mission is to help cure mental healthcare stigma by sharing her story.

