

# TheoryOfLove

*Embracing vulnerability: Humans were meant to love & be loved.*

*We all experience hardship – time to embrace it as a population.*

*Time to take off your mask*



## Community Discussion Session

### Where? Operation Come Home

150 Gloucester Street. Ottawa, ON.

### When? Thurs, January 18: 6–9pm

## What?

Community Discussion Sessions are the coming-together of different populations to discuss mental health and work toward breaking down the mental health stigma through sharing of our vulnerabilities – our realities.

- Discussion groups – why do we wear masks?
- Guest speakers – sharing their reality
- A chance to share your mental health reality (*we all have one*)

Continue the conversation online & share your reality: post a status or video: use the hashtags **#IamReal** and **#TheoryOfLove**

***Be Vulnerable. Be Human. Show It. Shout it.***



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