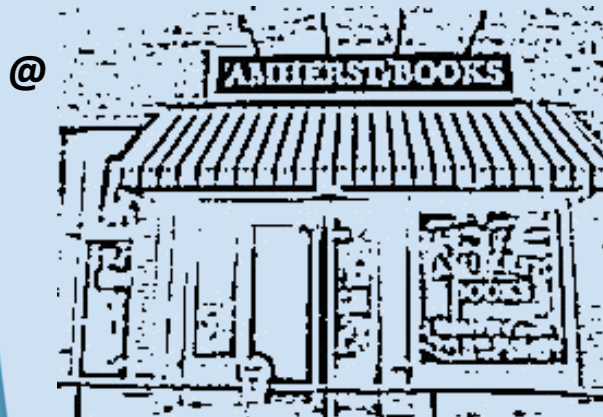


## Book Talk with author, Chaya Grossberg

Thursday, October 10, 2019, 7pm



8 Main Street, Amherst, MA

Join us at Amherst Books for this book reading and discussion of *'Freedom From Psychiatric Drugs'* with author, Chaya Grossberg. Books will be available for sale at the talk!

**About the Author:** Chaya Grossberg has been sharing her psychiatric survivor and trauma story publicly for over 15 years and is an advocate and consultant to those coming off psychiatric drugs and/or seeking alternative approaches to distress. She has written a book about her work called "Freedom From Psychiatric Drugs" and has worked professionally with people seeking alternatives to the mainstream psychiatric narrative as a teacher, facilitator, program coordinator, and consultant to individuals and families. She has coordinated open mic speak out style events for psychiatric survivors to share their stories in poetry, speech and performance. She has led many writing groups and support groups as well as taught yoga and meditation for psychiatric and trauma survivors

*This talk is sponsored by the Western Mass Recovery Learning Community*