

“Sharing my story helps me feel the struggle was not in vain, that I can help others. Even if I help one person, then it's worth it.”



A Story of Survival...

...My Struggle with Bipolar Disorder and Anxiety



Aaron Klein's story of his ongoing battle with anxiety and bipolar disorder, and the tools he uses to survive and thrive, with feedback from patients and caregivers about their hospital visits and tools of survival.

Aaron will speak on Cafe Cabaret's beautiful outdoor patio, with live music that paints a picture of mood. Admission is free, but \$5.00 donations are accepted, a portion of which will

go to DBSA San Diego. Thanks to all of you at DBSA San Diego who have supported me in good times and in bad.

**when: Wednesday, 01 May 2013, 6:30pm
where: Cafe Cabaret coffeehouse patio**

Visit <http://www.yelp.com/biz/cafe-cabaret-san-diego/>

**Cafe Cabaret (*outside, on the patio,
by the fountain*)
3739 Adams Avenue (*at the corner of
East Mountain View Drive*)
San Diego, California 92116 (*in Normal Heights,
a tenth of a mile west of Interstate 15*)**

**To ensure adequate seating, please RSVP to
<hope.is.unlimited@gmail.com>**



