

"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."



Shelter from the Storm...

...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 at Mystic Water Kava Bar in North Park, accompanied by live music. Admission is free but donations are accepted, a portion of which will go to DBSA San Diego. *Seating is very limited.* Thanks to all of you at DBSA San Diego who have supported me in good times and in bad.

when: Saturday, 08 February 2014 at 6:00pm

**where: Mystic Water Kava Bar (619.255.6475)
3811 Ray Street (in North Park)
San Diego, CA 92104**

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

