

# Ripple

Recovery Innovations for  
Pursuing Peer Leadership and Empowerment

## Our Stories: Share Nights

**Have you struggled with mental health, addiction, or substance use challenges? Have you received services for mental health, addiction, or substance use challenges?**

Join RIPPLE Co-Founders Katy Curtis and Vered Brandman for “Our Stories: Share Night”: an opportunity to tell your story—your struggles, your perseverance, your triumphs. Open to the public!

Participants are asked not to exceed 5 minutes in their “share”  
Come to one, two, or all three “Share Nights”!

**Stamford:** Monday, May 1st, 6:30-8pm at the  
Ferguson Library, 1 Public Library Plaza

**Westport:** Tuesday, May 16<sup>th</sup>, 6:30-8pm at the  
Westport Barnes & Noble, 1076 Post Road East

**Bridgeport:** Cancelled; to be rescheduled



“Our Stories: Share Night” is sponsored by RIPPLE & the Southwest Regional Mental Health Board

### Want to Connect?

**RIPPLE:** [VeredEBrandman@gmail.com](mailto:VeredEBrandman@gmail.com) ▪ [RockingRecovery.org](http://RockingRecovery.org) ▪ [www.facebook.com/RIPPLERecoveryInnovations/](http://www.facebook.com/RIPPLERecoveryInnovations/)  
▪ @RIPPLE\_Recovery

**Southwest Regional Mental Health Board:** [info@swrmhb.org](mailto:info@swrmhb.org) ▪ [HealthyMindsCT.org](http://HealthyMindsCT.org) ▪  
[www.facebook.com/HealthyMindsCT](http://www.facebook.com/HealthyMindsCT)