

## Save the Date – March 11, 2020 Mental Health Day at the Capitol

We had a great response to our Legislative Day on January 29. Many thanks to all who participated! We want to keep the momentum going and offer another day to talk with legislators. Please help spread the word. Everyone welcomed. No experience necessary.

“I was so appreciative of how we were put together into teams. As someone new to this, it was nice to count on our leader to handle the logistics of when, where and how to meet the legislators. That allowed me to be sincere and authentic in my conversations. I'm looking forward to the next visits.”

- Steve Arneson

“This was my first time talking to legislators. Our legislators are ordinary people like you and I. It wasn't as intimidating as I was expecting, and I left feeling strengthened by this new experience.”

- Beth Madison

“I was SUPER nervous about talking to legislators. When it came time to do it, I found the words I needed, was supported by the rest of the team, and felt exhilarated to be making a difference. I discovered something that I CAN do.”

- Sue Broadbooks



**Wednesday, March 11, 2020**

**Iowa State Capitol**

**8:00 am or 11:30 am \***

**RSVP: Contact Connie McKeen at [cmckeen@q.com](mailto:cmckeen@q.com)**

\* Join us all day or for one of the two time slots. For each time, there will be a short training before going into conversations with legislators.