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Conversation with Author and Activist Julia Tannenbaum

NAMI Farmington Valley and NAMI CT will co-host young adult author and activist Julia Tannenbaum for a first-hand look at how writing helped her cope with mental illness. Tannenbaum, who is 20 years old and lives in West Hartford, recently completed the final book in her self-help trilogy, the Changing Ways Series. Julia will share her experiences of dealing with mental illness as a teenager and explain the role writing played in her journey from sickness to health. Check out her trilogy [*The Changing Ways Series*](#) here.

Event: Conversation with Author and Activist Julia Tannenbaum

Date: March 8, 2021 from 7:00-8:00 pm

Registration Link: www.namifarmingtonvalley.org/march2021

Julia Tannenbaum is the author of the *Changing Ways* trilogy, which she started writing when she was 17. She's an advocate for mental health awareness and often incorporates her personal struggles into her fictional work. Tannenbaum is currently pursuing a Creative Writing and English B.A. at Southern New Hampshire University. She lives in West Hartford, Connecticut with her family. Learn more at www.wackywriter.com





The mission of NAMI Farmington Valley is to support people with mental illnesses including children, and their friends and families; educate and inform people with mental illnesses and their families about services and treatment available in the community; eliminate stigma by developing public understanding of the challenges of living with a serious mental illness; advocate for better services and treatments, protection of rights and research. To accomplish these goals we provide support groups, educational presentations, and classes that are free of charge and open to the public. Learn more at: www.namifarmingtonvalley.org

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If you would like more information about this topic, please call Pat O'Konis at pokonis@namict.org