

Come Laugh Your Head Off

**Stand Up For
Mental Health
Comedy Showcase**

**Monday January 25th, 2010
7:00pm**

**40 Orchard View Blvd.
Room 200
(Yonge and Eglinton)**

*Presented by the Mood Disorders
Association of Ontario*
**Featuring
Graduates of the Fall 2009 Program**

**Stand Up For Mental Health
teaches people with mental
illness to take control by
turning their
problems into comedy!**

Led by **Michael Cole**,
“**The Humour Coach**”, Stand
Up For Mental Health aims
to reduce public stigma
around mental illness and
spread a message of hope
and empowerment.



By laughing at our difficulties, we can rise above them.



Admission is FREE!
**Bring your friends and
relatives**

