

active minds

ACTIVE MIC: MENTAL HEALTH THROUGH MUSIC

HOSTED BY KAI ROBERTS

In his high energy “Active Mic: Mental Health Through Music” presentation, Kai tells the story of his battle with panic attacks and Generalized Anxiety Disorder through interactive dialogue and hip-hop music. From the beginning, the audience is engrossed in the origins of his anxiety, gradually taking the journey into his emotions, through his disorder, and into his recovery. Be prepared for good music, meaningful messages, and an overall good time.



**WEDNESDAY NOVEMBER 18TH FROM
3PM-4PM**

Registration link: <https://smccd-hipaa.zoom.us/meeting/register/tZUvf-GuqjsvG9Qzo0yWNeFrnH2NRn-vYYWM>