

Stearns | Benton | Wright | Sherburne | Minnesota

Imagine Network™

CONNECTING LIVED EXPERIENCES AND SHARING MENTAL HEALTH CHALLENGES, TOGETHER.

Free Social Wellness Events!

Designed to provide opportunities for those utilizing mental health and recovery services to interact and participate with other community members who share a lived experience with a mental illness, as well as people who have mental health challenges, in a safe and empowering environment. Each event is staffed and run by Certified Peer Support Specialists who are always available to listen, talk, or simply answer questions. All events and activities are completely FREE and OPEN to adults with serious and persistent mental health challenges.

AUGUST IS...

An Evening of Music with **TIM CHEESEBROW** Americana, Folk, Rock, Country

"A critically acclaimed Minnesota favorite..."

– Northfield News

His latest album **"Somebody, Somewhere"** released Fall 2017. It's a collection of driving beats and catchy tunes that ride the line between rock and country. Based in St. Paul, Tim brings a distinctly mid-western sound to his songwriting; honest lyrics sung over big wide-open melodies and energetic grooves that will leave you saying "well now...that's not too bad, don'chaknow?"

Tim founded **Discover Music**, a nonprofit that teaches middle and high school students how to write their own music. Songwriting is academically rigorous, socially engaging, and spiritually healing. His students learn to create music as a healthy way to process emotions and discover who they truly are.

Tim's book *Songwriting for Wellness: Using Music to Heal the Mind* was released in the Spring of 2018.



Join Imagine Network for this special evening of music and stories from one of Minnesota's most beloved artists. Come early for a bite to eat and good seat!

5:30pm – Meet-n-Eat

6:00pm – MUSIC BEGINS!

MONTICELLO ELLISON PARK 811 E. RIVER STREET 8/7	SAUK RAPIDS MUNICIPAL PARK 1001 RIVER AVENUE N. 8/14	ELK RIVER LIONS PARK-#1 1104 LIONS PARK DRIVE 8/21	SAINT CLOUD WILSON PARK 625 RIVERSIDE DRIVE NE 8/28
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NOTE: Venues, dates and times are subject to change.

Due to space limitations, reservations are required.

For more information, visit: [Facebook.com/ImagineNetworkMN](https://www.facebook.com/ImagineNetworkMN)

For Questions or to RSVP, Call Imagine Network at: (612) 226-8573