

Free...Donations much appreciated!

www.MovieMonday.ca

At the Movie Monday Theatre in the Eric
Martin Pavilion 1900 Block of Fort Street

Special Events For Mental Health Week - check out the Mental Health Fair in the EMP
Lobby May 5th 11-1:30 - and come to MM's special 2pm screening of Not Just A Bad Day

Check out the special Movie Monday Shelf at Yo Video.
Now you can catch events you missed and share these
sometimes hard-to-find films with friends. Call 592-5678

6:30 Monday May 12

FINDING NORMAL



6:30 Monday May 5
Two films for mental health week

BACK FROM THE EDGE

Leading mental health organizations, as well as the top medical associations, are only now beginning to recognize Borderline Personality Disorder as a major mental health disorder. This 45min 2007 primer from the BPD Resource Centre is informative and, most importantly, positive about recovery from this much misunderstood and stigmatized condition.

<http://www.bpdresourcecenter.org>

**VIHA's Chris Schmidt will join us in
a post-screening discussion**

-- AND --

NOT JUST A BAD DAY: Living with Bipolar

Disorder 2007 50 min

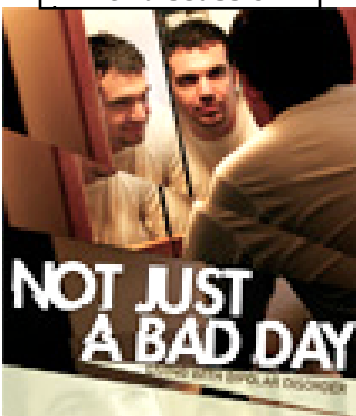
The subjects of this film appear to have little in common. But they are all living under the shadow of Bipolar Disorder.

A party boy, young mom, executive, and teacher also share a common goal: to live a normal life. This documentary details the personal struggles as they each cope with the emotional highs and lows of

the disorder. Through hard work and the hands-on support of their psychiatrist, they all begin to learn how to manage the extreme mood swings and lead productive, balanced lives.

Post-screening Q&A with Dr. Paul Termansen, filmmaker, and friends from Vancouver Coastal Health North Shore Community Psychiatric Services

2pm matinee!
Not Just A Bad Day
with discussion



Here's a film that I think all of us in Victoria, who are trying to find answers to the complex problems of addiction and what recovery might look like, should see. "This mentor run program has about a 70 percent success rate, often with people who have failed multiple times in recovery."

"...a thoroughly engrossing documentary by Brian Lindstrom about a group of Portland drug addicts and their rehab counselors trying day-by-day to keep themselves clean, sober and together. The film is raw and real, filled with undeniable moments of pain and elation and human personality. It's impossible to imagine a more honest look at this all-too-common world...."
78min Pg13

We'll have the filmmaker and several of the mentors with us by phone from Portland to discuss the subject with the audience. see

<http://www.brianlindstromfilms.com/findingnormal.php>
and other links from MM's site

Pharis from Outlaw Social will perform two songs on the theme that will set the mood for the evening!