

Please join us for this wonderful performance!

Tickets are \$10. up until the event night. As of August 27, less than 30 tickets remain. To purchase tickets online, click [Tickets](#) or contact Whitney for details.



Coastal
Virginia

AND

ZEIDERS
AMERICAN
DREAM
THEATER



presents



*Let Me Tell You
What It's **REALLY**
Like*

A family's experience with bipolar disorder

September 9, 2023 at 7pm

JENNIFER AND KATE IVES PORTRAY THEMSELVES IN THIS INSIGHTFUL, WARM AND COMPELLING STORY OF WHAT IT IS LIKE TO LIVE WITH BIPOLAR ILLNESS, AND THE IMPACT IT HAS HAD ON JENNIFER, KATE, THE REST OF HER FAMILY AND FRIENDS. THE TWO SISTERS BRING TRUTH AND UNDERSTANDING, ALONG WITH COMPASSION AND HUMOR, TO THEIR JOURNEY. THERE WILL BE TIME FOR Q&A AFTER THE PERFORMANCE. IF YOU LIVE WITH BI-POLAR, OR ARE A FAMILY MEMBER OF A LOVED ONE WHO DOES, YOU WILL NOT WANT TO MISS THIS PERFORMANCE

Zeiders American Dream Theater, 4505 Commerce St, Va. Beach



Kate Ives

Early Bird Tickets \$10 each

Early Bird price ends July 31st. Reg. Price \$20

Get your tickets by
scanning QR code today



Jennifer Ives

Be on the look out for a new mural went up at Wareing's Gym:



Below is a list of Mental Health Resources:

-Suicide and Crisis Lifeline: Dial 988 to be connected directly. The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

-For Veterans, dial "1" after dialing 988 will connect you directly to the Veterans Crisis Lifeline.

-National Alliance on Mental Illness

<https://www.nami.org/home>

-Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov>

-Mental Health America: This site has some resources under the Our Programs tab.

<https://www.mhanational.org/>

Please refer back to this site for a list of ongoing initiatives.