

BOSTON COLLEGE SOCIAL WORK

WHERE TRANSFORMATION HAPPENS



FILM SCREENING:

PACK UP YOUR SORROWS

The documentary tells the journey of singer/songwriter Meg Hutchinson as she learns to live a healthy life with Bipolar Disorder. Through her lens, viewers will explore different aspects of mood disorders—how families try to deal with the illness in their midst, the biology of these diseases of the brain, and the effects of traditional and alternative therapies like medication and meditation. It includes interviews with renowned psychologists, neuroscientists, authors, historians, and spiritual teachers, and explores healing, creativity, mindfulness in education, wellness, and mental health advocacy, topics which Meg holds near and dear to her heart. With Meg's own music and stunning images of the natural world guiding the way, *Pack Up Your Sorrows* is a unique and moving meditation on achieving wellness.

Following the film, a Q&A with
MEG HUTCHINSON, award-winning American folk singer and songwriter.

"Maybe every day In ordinary ways We hold each other on We keep each other here."

- Meg's song "Gatekeeper"

DATE Friday, October 20, 2017

TIME 3:00– 6:00 pm

PLACE Fulton 145 **CEUs: 2.5**

RSVP [Click Here](#) by 10/17/17

Sponsored by: Health and Mental Health Concentration
Light refreshments will be served.