David Granirer is an award-winning counsellor and stand up comic. Stand Up For Mental Health teaches people with mental health issues to do stand-up comedy about their mental health journeys as a way of building confidence and fighting public stigma. This show takes a hilarious look at the lighter side of taking meds, seeing counselors, getting diagnosed and surviving the mental health system.

Please RSVP to hopmetalhealth@cmha.bc.ca