

# Brighter Days 2.0

Sponsored by TADS  
(Teenage Anxiety and Depression Solutions)

Featured performer: Meg Hutchinson.

"Singing My Way Through:  
Creativity as a Method of Healing"

This presentation combines Meg Hutchinson's personal story with a musical performance of her original songs and chronicles her struggle with Bipolar1.

While successfully managing her illness, Meg has released eight albums and become a nationally touring artist. Meg discusses how poetry and music were her primary coping mechanism for years and how creativity remains central to her healing process to this day.



Saturday, February 6, 2016 at 7pm

First Parish Church of Groton

1 Powderhouse Rd.

Groton, Ma

The event is free of charge but donations will be gratefully accepted.

[www.tadsma.org](http://www.tadsma.org)