

PUNK ROCK, MENTAL ILLNESS & RECOVERY

a talk/presentation by
"Crusty" Craig Lewis



THURSDAY APRIL 18
RAW SUGAR CAFE

ALL AGES/LICENSED 19+ - 8PM DOORS

\$5-10 SLIDING DONATION TO COVER TRAVEL COSTS

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Craig Lewis (aka Crusty Craig) has been a part of the Boston punk rock community since 1988. He has been active playing in several bands, putting out the long running Upheaval Fanzine and also set up DIY shows for 15 years.

Craig also has lived with the symptoms of mental illness his entire life. In the past several years, Craig experienced a remarkable recovery process which enabled him and empowered him to learn effective coping skills and to get a handle on his mental health struggles.

Craig has lived a tremendously painful and traumatic life. Currently, after an amazing several years of intense struggle, Craig now is in recovery from his symptoms and works as a peer mental health counselor in Boston. Craig has the beautiful job of helping others improve the quality of their lives while drawing on his own lived experience.

Craig has successfully rehabilitated himself and while he continues to struggle from time to time, he hopes that his inspirational story will be of benefit to his peers. Craig is determined to help his peers who struggle with mental illness and addictions, live happier and healthier lives. Please come out to hear Craig tell his recovery story.