

# Alternatives to Chemical Restraint Panel Discussion

**Monday March 5th 7-9pm**

**Traditions Cafe**

**300 5th Ave SW, Olympia WA 98502**

This speakers' panel and community discussion is in response to the recent, tragic death of Vaneesa Hopson after being chemically restrained.

**CHEMICAL RESTRAINTS** are pharmaceutical drugs used to sedate someone so that they can be more easily controlled in a crisis or perceived crisis situation.

Our community needs a wider range of skills, resources, tools and spaces for individuals experiencing non-medical crisis. Join us in identifying alternatives and building skills and networks for de-escalation.

**Hosted by Chaya Grossberg Heartscience**