

LOOK AT ME NOW

# Stories of Hope™



“—  
*People like me,  
people like your  
peers around you.  
They're dealing with  
the same thing ...  
They're just not  
talking about it!*  
—”



## Contact

[films@zcares.org](mailto:films@zcares.org)

Executive Producers,  
Mannie Nimmo  
Steve Nimmo

## STORIES OF HOPE

The inspiration behind *Look at me now: Stories of Hope* came from a quiet walk around a local park during the pandemic. We reflected how media seemed to paint a hopeless narrative of our future. As we talked about the hopelessness, we asked ourselves, how can we show the story doesn't need to go this way? We found ourselves reflecting on inspiring people we've met and how they filled us with hope. What if we shared these stories with the world? From that walk, we were inspired to create *Look at me now: Stories of Hope*

## NOW PLAYING

Z-Cares is humbled to feature four youth, struggling with their mental health, change their journey from a sense of despair to find their pathway to hope. This film is their story.

Each youth shows hope is possible. While each story is unique, they all share a powerful commonality. Talking about their struggles put them on their path to hope. We hope you will be inspired by these strong individuals and realize you are not alone and you can do it too!

## VIEW TRAILER



LOOK AT ME NOW

# Stories of Hope™



**SAM**

**DEREK**

**CATY**

**ALLY**

## Their Struggle

Learning disabilities, ADHD and PTSD.

Bi - Polar mood disorder

Anxiety and Depression

Generalized Anxiety Disorder and Panic Disorder

## Their Coping

Sports, Sunsets and learning to believe in self

Finding community and meaningful relationships

Baking, exploring nature and finding her faith

Journaling, walking in nature and horseback riding

## Their Hope

Sharing her story. Letting others know they're not alone

Accepting his diagnosis. Learning to live life.

Knowing she has the tools to handle life's challenges

Learning to live within the hills and valleys of life

This is their story

If they can do it

So can you