



# Your Recovery Journey

**Mental illness and recovery—is it possible?** Many wonder if it is indeed possible for a person living with mental illness to accomplish goals, reconnect with self and others, and recapture meaning and purpose in life.

Your Recovery Journey is based on the experiences of people who have a mental illness and who know there is hope, who are well and doing the things they want with their lives.

The program offers five free interactive weekly sessions, each ninety minutes long, and all facilitated by people in recovery who can give you valuable information that will help you on your recovery journey. You'll also learn how to find peer support and build new life skills.

## **Session topics:**

- ☐ What is recovery?
- ☐ Quality of life
- ☐ Self-management
- ☐ Medication as tool for recovery
- ☐ Moving forward: Personal action planning

**Come learn more about recovery and how you can live beyond mental illness!**

is hosting the next group

Sessions start

## Register today.

Phone