

# Your Personal Recovery Journey

Learning how to live with and beyond the signs and symptoms of mental illness so that you live a life that you want to live.

## What is Your Personal Recovery Journey?

Your Personal Recovery Journey is a facilitated education program that offers participants opportunities to explore their own recovery paths.

## Who Should Attend?

Anyone living with signs and symptoms or a mental illness or mental health problem that affects their lives.

## Program Modules:

## Date and Time:

1 Introduction to Recovery	
2 Connectedness	
3 Hope and Optimism	
4 Identity	
5 Meaning	
6 Empowerment	

**Location:**

**Cost:** Free

**Space is limited,  
register now.**

Email:  
Phone: