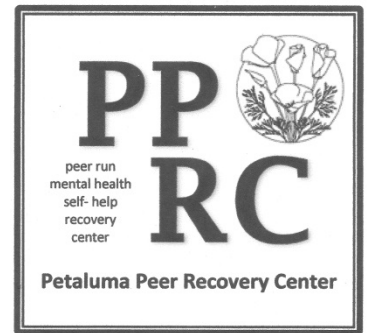


**** An invitation to Mental Health Clients in Sonoma County****

Monthly Mental Health Forum at Petaluma Peer Recovery Center

Mental Health Recovery

Facilitated Discussion with Pizza Lunch



What is mental Health Recovery? Can we recover from our mental health challenges? What would such a journey look like? What kinds of tools or supports would we need along the way? There are many definitions of mental health recovery, and many paths to follow. What is your definition? We will explore these questions together and share ideas about the mental health recovery process.

Presented by Kate Roberge,

Peer Education and Training
Program Goodwill- Redwood
Empire

Thursday May 30, 2019

11:00 am -1:00 pm

