

**\*\* An Invitation to Mental Health Clients in Sonoma County \*\***

**Monthly Client Forum at Interlink Self-Help Center**

# The Wellness Speaker's Panel

The Wellness Speaker's Panel is a group of individuals who share their stories of recovery in order to spread hope, educate the public, and bring humanity to the experience of having mental health challenges. Each speaker brings their unique perspective on mental health and wellness informed by their individual experiences.

Please join us as we listen to their stories of hope and recovery! There will also be some time for questions and discussion including how to book them for future presentations.

**Organized by Sean Bolan, Program Manager,  
The Wellness and Advocacy Center**

**Friday, March 22, 2019**

**1:00 p.m. to 2:30 p.m.**

Interlink Self-Help Center 1033 Fourth Street  
Santa Rosa (707) 546-4481  
[www.interlinkselfhelpcenter.org](http://www.interlinkselfhelpcenter.org)



Sponsored by Sonoma County Department of Health Services, Behavioral Health Division. This forum is open to the general public. Please join the conversation!