

PATHWAYS TO RECOVERY

A STRENGTHS BASED RECOVERY PROGRAM

- Have you experienced mental health symptoms or other life challenges?
- Do you want your life to improve?
- Are you interested in achieving recovery?

If your answered yes to any of these questions this program is for you!

PRESENTED BY LORIE MILLER AND MELANIE PRESSAULT

STARTING SEPTEMBER 18

EACH MONDAY 1:30 TO 3:00 IN NORTHERN STAR

THIS PROGRAM IS 23 WEEKS IN LENGTH

This program does not concentrate on specific diagnoses, symptoms or treatments. Instead it focuses on how you can use your many strengths and resources to set goals and achieve recovery in life.

Please sign up at CMHA reception if you are interested in this journey.

