

Hope for Recovery



Program to be held on March 17th
from 9am to 3pm at
Mt. Olive Lutheran Church
(Door at NE Side of Building)

Please call or email to reserve a seat!

Spend a Saturday with a trained facilitator who will offer information, hope, and practical strategies for dealing with the complexities of mental illnesses.

WHAT WILL PARTICIPANTS LEARN? Participants will gain knowledge about various illnesses, coping and communication strategies, navigating the mental health system, local resources, and recovery.

Here are some quotes from recent Hope for Recovery attendees:

- “My loved one is doing well but I needed more help to accept and understand so I can support them in a healthy way. Thank you.”
- “I appreciated the real life application and experience and honesty. Thank you.”

WHO SHOULD TAKE THE COURSE? This class is intended for people who have a family member or friend living with a mental illness, and their loved one who is in a good place in their mental health recovery. This class is not intended to be professional development.

FYI, we don't provide lunch so please bring your own bag lunch.

**Contact: Keenan Norman at 760-662-4448 or
Chaplain Joy Smith at songsofsoul@aol.com**