

Taking Action: A Mental Health Recovery Self-Help Education Program

SAMHSA Curriculum Developed by Mary Ellen Copeland, PhD.

Topics to be discussed:

Self-Esteem
Hope
Education and Research
Empowerment and Self-Determination
Self-Advocacy
Building a Strong Support System
Assessing Personal and Community Resources
Diet, Exercise, Light, Sleep and Smoking
Relaxation, Diversion and Fun
Dealing with Troubling Thoughts, Feelings and Experiences
Peer Support, Recovery Meetings, and Peer Counseling
Health Care and Medications
Finalizing Your List of Wellness Tools
Action Plans for Prevention and Recovery

Where: Matt Talbot Kitchen and Outreach

When: Every Wednesday, 1:00-2:00 pm

No registration is required.

Questions: Talk to Retha Knapp or call 402-835-6294