

THE BUILDING COMMUNITY COMPASSION



VIRTUAL SPEAKER SERIES

#5 OF 6:

THURS. FEB. 18TH • 12 PM – 1:30 PM

BRIDGING THE GAP: CREATING YOUR NARRATIVE – SERVICE AUTONOMY

Mental health and addictions wellness is a journey and everyone's journey to wellness looks different based on their unique circumstances and personal choices. Many people may want to offer support and ideas about how to recover, but these choices are ultimately with, and best made by, the individual experiencing the mental health and/or addiction problem. The goal of this workshop is to discuss more about an individual's rights and responsibilities as it pertains to participation in their own journey to wellness. By allowing the individual experiencing the problem to lead their care, we are empowering them to take back control over their lives, and create their own narrative in recovery.

HOSTED BY:

DESIREE REISENBURG

CLINICAL SOCIAL WORK / THERAPIST,
MSW RSW

TUNE IN ON ZOOM!

This webinar will be hosted on zoom.
The link to join us will be posted on
our Event Page on Facebook.

COMING UP NEXT:

• February 23 •

Real Talk: Empowering Youth & Families
The Blunt Truth:
What's The Big Deal with Cannabis?

• March 25 •

**Bridging the GAP:
Maslow's Hierarchy of Need**
With Kelly Jones (YWCA)



Canadian Mental
Health Association
Mental health for all