

RECOVERY PARTNERSHIP

PEER SERVICES WORKSHOPS

Workshops are held once a week and last approximately two hours. Limited to ten participants. For more info, contact: (610) 861-2741

Recovery Dialogues

Recovery Dialogues are discussion groups that have as their major focus re-building a positive self-image and strengthening the belief in one's own abilities and potential for growth.

Recovery often has to do with becoming aware of or realizing that I can begin to take more control of my life and building on that awareness and growing in self-confidence. Topics include:

- "I want my life back"
- "Beyond just treatment services"

W.R.A.P.

Wellness and Recovery Action Plan

Participants will be given materials to develop their personal WRAP plan. We will learn the key components of recovery. We will get to know ourselves better and how to take charge of our recovery. We'll develop a wellness toolbox to aid us when "things are breaking down". WRAP is a tool for getting and staying well. It's a plan to help ourselves when we are struggling with life's issues.

PEER SUPPORT WHOLE HEALTH

Peer Support Whole Health focuses on the interconnectedness of our physical and mental health, involving the "whole" person. We will support one another, build self-confidence and learn how to create an action plan to improve our physical health. Topics such as nutrition, meditation, and developing healthy sleep patterns will also be discussed.

Psychiatric Advance Directive

Participants will learn about the laws related to an Advance Directive and also learn how they can have a "voice" during difficult times. A Psychiatric Advance Directive is a document that allows a person to state their preferences in regards to mental health treatment and also specify when the document becomes effective.

This is an opportunity for us to learn how to still be in control of our recovery even when we are having difficult times.

Participants will meet once a week for 2 hours.