

# INTRODUCTION TO THE RECOVERY APPROACH TO MENTAL HEALTH

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This is an introduction to mental illness with a focus on the recovery approach. It is designed for students, mental health professionals or anyone working with individuals with lived experience of mental illness.

UPCOMING SESSIONS: March 9 & November 9, 2017.  
TIME/LOCATION: 200 Van Norman street, 9:00am - 4:00pm  
WORKSHOP FEE: \$100 per person - includes lunch and materials  
REGISTER ONLINE: [introtorecovery.eventbrite.ca](http://introtorecovery.eventbrite.ca)

For more information, contact: Joanne Otte - (807) 683-4952  
[CMHA-TB.ON.CA/INTRO-RECOVERY](http://CMHA-TB.ON.CA/INTRO-RECOVERY)



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