

Humboldt County Department of Health and Human Services
Mental Health Services Act - Prevention and Early Intervention Programs present:

Peer Empowerment Training

for those facing mental health challenges, stigma, and discrimination



Friday, May 24th, 2013

9:00 am - 4:00 pm

Large Mezzanine Conference Room
Professional Building, 507 F Street,
Eureka

Presenter: Lisa St. George, MSW, CPRP, Director of Recovery Practice, social worker, author, and trainer who educates communities about mental illness and recovery. She uses public speaking to prompt social change regarding the stigma of mental health challenges.

Upon completion of this Free training participants will be able to:

- Describe the benefits of creating an environment supportive of recovery
- Create a personal vision of yourself as a strong self advocate
- Use communication skills that build relationships
- Identify some of the historical beginnings of stigma and what improvements have occurred or are occurring
- Learn skills to become an assertive transformational advocate

Upon completion of both trainings, participants may choose to join a local Speakers Collective. The Seeds of Understanding Speakers Collective *“envisions a community that values all its members and is free from all forms of stigma, discrimination, and oppression. Their mission “is to create social transformation through sharing diverse personal stories.”*

RSVP Required; deadline to register is May 17th.

Contact Karen Diers at (707) 441-5553 or kdiers@co.humboldt.ca.us

AMERICANS WITH DISABILITIES ACT: The County does not discriminate on the basis of disability in services, programs, activities or employment. Persons with disabilities requiring special assistance or accommodation, call (707) 441-5408.