

Join us for



Are you an individual living with depression or bipolar disorder?

Are you a friend or family member of someone living with depression or bipolar disorder?

Partners in Recovery is a 2-day workshop for individuals living with depression, bipolar disorder, their friends and families on starting self-help groups and developing a Wellness Recovery Action Plan.

**Day 1
(9:00 a.m. to 5:00 p.m.)**

Developing a WRAP plan for individuals living with depression or bipolar disorder

**Day 2
(9:30 a.m. to 4:00 p.m.)**

How to start and run self-help groups for individuals living with depression, bipolar disorder, and their friends and family members

To date, we have successfully completed workshops in Halifax, Yarmouth, Truro, Antigonish, and Annapolis County. Over the upcoming months, we are planning to visit the following communities:

**Bridgewater— September 9 & 10
Sydney— September 23 & 24
Halifax #2—TBA**

**New Glasgow— September 16 & 17
Amherst — October 14 & 15**

Lunch and snacks will be provided

**To register for the Partners in Recovery workshop, please contact
The Self-Help Connection:**

**Phone: (902) 466-2011
Toll Free: 1-866-765-6639
Email: roy.muise@eastlink.ca**

This workshop is provided by:

