

Focus On Recovery-United, Inc. (FOR-U)

Presents

*Pathways FOR-U Training

*Pathways FOR-U

12-Session Seminar

Every Thursday, beginning March 8, 2012 thru May 24, 2012

(At FOR-U Office in Middletown, CT)

This is a ***pre-requisite** to the Pathways FOR-U Facilitator Training.

This **free** 12-session seminar is based on the Pathways to Recovery Workbook.

We journey through this workbook to discover our strengths and to set goals for ourselves through all of the "life domains." We will cover issues in regards to creativity, leisure, assets, spirituality, sexuality and other areas that affect our own road to recovery.

What is *Pathways to Recovery*?

*Pathways to Recovery*** is a tool to help people move forward in mental health recovery. It is an extensive self-help workbook. The workbook orients people to recovery, helps them to identify their personal strengths and dreams, and refocus on reclaiming positive sources of identity and a life beyond being a person with a psychiatric disability or a full-time consumer of mental health services. It helps people think about and plan how to live a full life, despite their psychiatric and/or substance use history or problems.

Please Note: FOR-U developed this workshop in collaboration with Yale Program for Recovery and Community Health (PRCH).

For information and/or to register, please contact:

FOR-U

100 Riverview Center, Suite 272

Middletown, CT 06457

Tel: (860) 704-0556, Fax: (860) 704-0767

Toll Free In CT: 1 (866) 255-5029

Email: [@gmail.com](mailto:FOR-U@focusonrecovery.org) Website: [.focusonrecovery.org](http://focusonrecovery.org)

*Copyright © 2007 Focus On Recovery-United, Inc., & Yale PRCH - All Rights Reserved

** Ridgway, P., McDiarmid, D., Davidson, L., Bayes, J. & Sarah Ratzlaff. (2005). University of Kansas, Lawrence, KS.

