

# Peer Zone Workshops



## ***Understanding Ourselves Series:***

Tues. **Sept. 19**, 2017 ~ **Understanding our Distress** ~ 12:00-3:00pm

Tues. **Oct. 03**, 2017 ~ **Understanding our Alcohol & Drug Use** ~  
12:00-3:00pm

Tues. **Oct. 17**, 2017 ~ **Leading our Recovery** ~ 12:00-3:00pm

Tues. **Oct. 31**, 2017 ~ **Exploring our Stories** ~ 12:00-3:00pm

## ***Empowering Ourselves Series:***

Tues. **Nov. 14**, 2017 ~ **Dealing with Self-Stigma** ~ 12:00-3:00pm

Tues. **Nov. 28**, 2017 ~ **Finding our Voices** ~ 12:00-3:00pm

Tues. **Dec. 12**, 2017 ~ **Empowering Ourselves in Mental Health Services** ~ 12:00-3:00pm

Registration is required to attend these workshops, please contact the Krasman Centre at 705-435-0054;Ext. 139 and leave a message if you would like to pre-register for these workshops.

Thank you.

\*Please pre-register early as space is limited.



