

Peer Support Fife

www.PeerSupportFife.org.uk

Presents a Series of

6 *free* Recovery Workshops

"Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual's recovery, like his or her experience of mental health problems or illness, is a unique and deeply personal process." www.scottishrecovery.net

Mondays starting 16 January 2012

Mon 16 & 23 January
Peer Support based on
Shery Mead's
Intentional Peer Support:
An Alternative Approach
www.mentalhealthpeers.com

12.30pm to 4.00pm

Mon 30 Jan & 6 Feb
Strengths recovery approach
from **Pathways to Recovery**
Kansas University
www.pathwaystorecoverybooks.com

Mon 13 & 20 February
WRAP

Wellness Recovery Action Planning
"WRAP is a self management & recovery
system developed by a group of people who
had mental health difficulties"
<http://copelandcenter.com>

Workshop Facilitator Chrys Muirhead
Postgrad Dip Community Education
Postgrad Cert TQFE
[Teaching Qualification FE in care subjects]
WRAP Facilitator
Lived experience of mental distress, using
services, recovery & supporting others

Limited spaces so please book early

For more info contact Chrys Muirhead, Convener **PS Fife**

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