

Consumers of Mental Health Services
IT'S ALL ABOUT YOU!

Workshops designed just for consumers to help you realize your dreams!



It's MY Life! Planning My Future

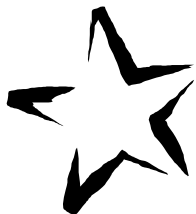
This workshop is about You! What are your dreams? What would you be doing if mental illness had not sidetracked your life? We'll talk about how to set and achieve your personal goals, remain motivated and focused, and turn stumbling blocks into steppingstones. You will learn techniques that will help you turn your dreams into reality!

Presenter: Marty Fuller, Office of Consumer & Family Affairs, Bureau of Behavioral Health

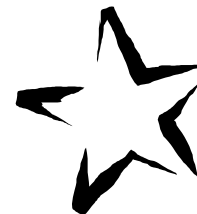
But I Really Want a Job!

People with mental illness understand that starting or continuing employment may be an important part of their recovery process. We'll discuss the myths and facts about employment for people with mental illness, and the types of services and supports available through Supported Employment services. You will learn information and strategies that can help you get and keep the type of meaningful jobs that fit well with your preferences and recovery process.

Presenter: Kathy LaBarre, Granite State Independent Living



THIS TRAINING SERIES IS FREE



**To bring this workshop series to your area, please contact
Marty Fuller at 271-5138 or mfuller@dhhs.state.nh.us.**

Asking for What I Want

How you communicate determines the response that you receive. Learn to get the results you want through effective communication. This workshop will help you learn to speak effectively, build self-confidence and anticipate and adapt to those situations we all find ourselves in when seeking services and supports. Getting what you really want and need starts with asking.

Presenter: Marty Fuller, OCFA, Bureau of Behavioral Health

Making Sure It Happens!

Now that you know what you want in life, how do you make sure it happens? This workshop will help you better understand the ins and outs of the law and how to use it to get what you want. We will explore some of the road blocks people have run into on their way to achieving their goals and strategies for overcoming them.

Presenter: Cindy Robertson, Disabilities Rights Center

****REFRESHMENTS ARE INCLUDED!****