

A Mental Health Peer Support Group **From Recovery to Discovery**



Every Thursday

6:30 pm to 8:30 pm

The Hub

1673 Barrington Street, 2nd Floor

Halifax, Nova Scotia

Everyone Welcome! FREE! Refreshments Provided

Organized through a partnership between the Schizophrenia Society of Nova Scotia and the Healthy Minds Cooperative, the *From Recovery to Discovery* Peer Support Group is special because it moves beyond the expectation of simply existing with minimal symptoms of mental illness. Our message is that we all have the opportunity to manifest our strengths, to recover a sense of empowerment, and to live with meaning and purpose. Through the mutual sharing of our own wisdom and experience, we are reminded to reach for hope and fulfillment in our lives, and to help one another realize our potential.

The *From Recovery to Discovery* Peer Support Group is open to anyone affected by any type of mental illness, and this includes family members and friends. The format involves an interactive presentation on topics of interest to the group in the first hour, and a group discussion during the second hour.

If you have any questions, or would like more information on this group, please contact: **Nadine Jaquard**, Peer Support Facilitator, Schizophrenia Society of Nova Scotia, by phoning 465-2601 (toll free 1-800-465-2601) or sending an email to ssns@ns.sympatico.ca; or **Vince Daigle**, Peer Support Worker, Healthy Minds Cooperative, by phoning 404-3504 or sending an email to healthyminds@eastlink.ca.