

# THE POWER OF POSITIVE THINKING



# LivingHOPE

Encourage, educate, and empower those receiving public mental health services and their family members. Trainings are open to providers, direct support professionals, and anyone who supports persons with disabilities. Bring along someone you support– it will be a great time to learn together!

Learn helpful strategies to replace negative thoughts with more positive thinking practices. Sherri Rushman shares her experiences on achieving higher levels of wellness, stability, and quality of life through an optimistic outlook. Learn to identify negative thoughts that are impacting your life and take action to improve and enhance your thought patterns.

**WEDNESDAY, APRIL 24, 2019**

**9:30 A.M. - 11:30 A.M.**

### REGISTER

Visit [www.oaklandchn.org](http://www.oaklandchn.org) and select Training, then Training Calendar. Select the date of the training and enter your information.

### PRESENTED BY

Sherri Rushman  
Peer Support Specialist, LBSW

### LOCATION

Oakland Community Health Network  
5505 Corporate Drive, Troy

**2 Social Work CEUs**



**QUESTIONS? CONTACT 248-858-1795**