

Living Hope

2018
Training

Check out this great training opportunity that will encourage, educate and empower persons receiving public mental health services and their family members. This training is also open to core provider staff, direct care workers and anyone who supports persons with disabilities. Bring along someone you support– it will be a great time to learn together.

YOUR BEST SELF

Presented by Sherri Rushman

January 25, 2018

1:30-3:30pm

Our House Clubhouse

2045 E. West Maple D405

Commerce Twp., Michigan, 48390

Begin Ending Stigma Today - **BEST** - is Oakland County's anti-stigma program. Stigma often happens due to misinformation, lack of awareness and old habits. Many people with disabilities have self-stigma and shortchange themselves by the language they use or by the attitudes they hold about themselves. This class will help you identify self-stigma, how to support someone



HOW TO REGISTER

who

Visit our website at www.oaklandchn.org then select Training to view the training schedule, select the date of the training, then enter all of your contact information or you can call Beth Jacobs at 248-858-1795 for further assistance.

This program is sponsored by Oakland Community Health Network



has self-stigma and give you tips on becoming your **BEST** self