



# **NAMI Tri-Valley**

## **Monthly Meeting**

Presents

### **Mental Health Wellness & Recovery: *A Personal Journey of Resiliency & Transformation***

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**Monday, May 6, 2019**

**MEETING TIME**

**7:00 p.m. to 8:30 p.m.**

**Livermore Public Library, Community Rm. B  
1188 South Livermore Avenue, Livermore  
Refreshments provided**

**For further information, please contact:**

**Marsha McInnis: 925-980-5331 or [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org)**

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In honor of May is Mental Health Awareness Month, please join us as we host Bay Area Community Services (BACS) panel of Valley Wellness Center Mental Health Peers.

The presentation will include an overview of BACS Valley Wellness Center Programming, Staff and Peer Panel Introductions, Individual's Personal Stories and a Question and Answer.

BACS regional Wellness Centers offer a wellness oriented, peer-supported/led service model that combines individualized wellness action planning, core and elective classes that are functional and rehab-oriented, psychiatric support when needed, professional employment services for individuals to attain competitive employment, and more.

The overarching goal of the Wellness Centers is to engage participants in recovery and to build an individualized wellness plan so that they can function at their highest potential and live lives that are healthy, fun, and active by creating natural supports around them.