



# From Hopelessness... to Hope and Healing

## 12<sup>th</sup> Annual Forum for Healthy Minds

Saturday, October 13, 2018 · 8:30 AM – 3:30 PM

at California State University, San Marcos  
103 Campus View Drive, San Marcos, CA 92096

**Including a Film Screening and Panel of Experts**  
*Resilience: The Biology of Stress & the Science of Hope*

### POWERFUL WORKSHOPS

- For individuals, family members, teens, young adults, advocates, providers and community members
- Presenters will address REAL LIFE issues and solutions
- Learn about warning signs, stigma reduction, symptom management, palliative care, breaking through shame, and empowered advocacy

### RESOURCE FAIR

- Features over 40 mental health and substance abuse resources, organizations and services in San Diego

### AND MORE!

- Lunch, raffle prizes and a comfortable venue to make new contacts, gain the latest and most up to date information, and seek support from those who have similar life experiences

Your donation helps make this Forum available to others

CAHM was founded by Rex & Connie Kennemer in memory of their son, Todd (1980-2005)

2018 program information & registration at [www.cahmsd.org](http://www.cahmsd.org)



*“Together we can change the landscape of mental health in our communities.”*