

From Hopelessness... to Hope and Healing

13th Annual Forum for Healthy Minds

Saturday, October 5, 2019 - 8:30 AM - 3:30 PM

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

The Power of Your Story:

"There is no greater agony than bearing an untold story inside you." - Maya Angelou

POWERFUL WORKSHOPS

- For individuals, family members, young adults, advocates, providers, community members, faith-based advocates
- Presenters will address
 REAL LIFE issues and solutions
- Learn how your own story of hope and recovery may be yours & someone else's saving light
- Experience creative expressions of storytelling

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)

2019 program information & registration at www.cahmsd.org























"Together we can change the landscape of mental health in our communities."