

Free Educational Event

choices in
RECOVERY

Achieving Wellness and Recovery

Join us for an informative and interactive discussion.

It is a time of great progress in the management of schizophrenia.

Today, there are more treatment options and opportunities available for people with schizophrenia than ever before. When individuals stay on course with their treatment plan, they may manage their symptoms to make progress in recovery. Some of the keys to achieving wellness include making healthy lifestyle choices, communicating with the treatment team, not smoking and working with advocacy and support groups.

Recovery is Possible

The Choices in Recovery program is designed to help consumers, caregivers and family members better understand schizophrenia and its treatment. Recovery is an ongoing, personal process of working to achieve goals. Recovery is not a cure.

Topics that will be covered include:

- Symptom management
- Working with your treatment team to develop a plan
- Setting realistic treatment goals
- Communicating with your treatment team and loved ones

Date: Tuesday, November 10, 2009

Program time: 7:00 PM to 9:00 PM
(A light dinner will be served at 6:45 PM)

Speaker: Manoj Waikar, MD
Stanford Department of Psychiatry & Behavioral Sciences
Palo Alto, CA

Venue: Camarillo Center for Spiritual Living
340 Mobil Avenue
Camarillo, CA 93010

For free registration, call NAMI Ventura County at (805) 641-2426 or email NAMIVentura@gmail.com by November 3, 2009. Space is limited, so register today!

Sponsored by NAMI Ventura County

