



choices in  
**RECOVERY**

*Join us for an informative and interactive discussion*

***"Achieving Wellness & Recovery from Mental Illness"***

**Wednesday, October 7th**

**Speaker: Richard Berchou, Ph.D**

Wayne State University, Dept. of Psychiatry

**12:30 PM to 1:30 PM**

(a light lunch will be served at 12:00 PM)

*or*

**6:30 PM to 8:00 PM**

(a light dinner will be served at 6:00 PM)

A lively panel discussion moderated by **Julie A. Fast**, best-selling mental health author, will follow the evening presentation.

**Providence Portland Medical Center, Amphitheater**

**4805 NE Glisan St., Portland, OR 97232**

**Registration required:** email [nami.multnomah@qwestoffice](mailto:nami.multnomah@qwestoffice); ph: 503.228.5692

Suggested donation: \$15.00+ to benefit NAMI Education Programs

