



From Hopelessness... to Hope and Healing

10th Annual Forum for Healthy Minds

Saturday, Sept. 24, 2016 ▪ 8:00 AM – 4:00 PM ▪ Free Event

at California State University, San Marcos

333 South Twin Oaks Valley Road, San Marcos, CA 92078

SKILLS ▪ RESOURCES ▪ SUPPORT

Keynote Speaker: Theresa “Dr. T.” Larson, DPT

Former U.S. Marine Platoon Commander and Author of *Warrior*

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.

A RESOURCE & ARTS FAIR

- Features over 30 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.

Donations accepted to benefit services and support programs for individuals and families. (CAHM was founded by Rex & Connie Kennemer in memory of their son Todd, 1980-2005.)

Registration is now open! Visit www.cahmsd.org today to sign up!



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