

RAMS is offering a
“Leadership Academy”
training series
designed to support
and educate peers who
provide services in the
behavioral health field.

**Participate in a 3 hour
Interactive Training for
Peer Providers.**

**Learn About the Healing
Power of Telling Your
Wellness & Recovery Story
and How to Empower Your
Clients to Do the Same!**

**JUNE 29, 2018
FRIDAY * 9AM-12PM
SFSU Downtown Campus
835 Market Street
Room 619, 6th Floor**

**Light breakfast &
refreshments provided.**



LEADERSHIP ACADEMY

TOPIC: TELLING YOUR WELLNESS & RECOVERY STORY (AND HELPING CLIENTS DO THE SAME)

About the Workshop: Storytelling is one of the foundations of civilization – it’s how we build community and create connections. In addition, studies show that sharing difficult experiences with others can improve health and well-being by establishing supportive bonds and reaffirming positive values and lessons learned from life experience. In this workshop, we will be talking about the value of sharing your recovery story, guidelines for doing so, and how we can support clients in doing the same. You will also have the chance to hear one of our very own RAMS employees share his story and be given time to begin writing your own wellness story. Come and join us in this unique opportunity to engage in a self-care activity while also learning a valuable intervention to use with our clients!

“To be a person is to have a story to tell.” – Isak Dinesen

“There is no greater agony than bearing an untold story inside you.” – Maya Angelou

About the Presenter: This workshop is a RAMS’ team effort! Katy Thomas, Peer Specialist Mental Health Certificate Training Coordinator, will begin the morning with background information on wellness & recovery stories. Zachary Davidson, a RAMS Peer Counselor & Systems Navigator will then model his story and share the guidelines he used to create this story. Finally, we will wrap up the day with a breakout writing session facilitated by Peer Certificate and Peer Division staff.

Please RSVP (now required 😊), as space is limited!

RSVP to Katy Thomas: (415) 579-3021 Ext. 120 / certificate@ramsinc.org