

CALIFORNIA NETWORK *of* MENTAL HEALTH CLIENTS

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**Reaching Across Our Regions**



**An Educational Client Forum  
& Central Valley Regional Meeting**

**May 21<sup>st</sup> & 22<sup>nd</sup>, 2010**

**Stribley Community Center**

**1760 East Sonora Street Stockton, CA 95202**

**Presenting Internationally Renowned Speaker**

**Bruce Anderson**

**Educational Institutes and Workshops on the following topics:**

- **MHSA Advocacy and Leadership:**  
A review of the MHSA itself and its components; becoming an effective advocate; understanding budgets as an advocacy tool; and learning leadership skills for representing the community
- **Consumer Employment:**  
How to prepare for a working environment in any setting. Also, how to maintain client values and dignity as we participate in transforming the system workforce to wellness recovery, holistic, culturally-based programs/services.
- **Self-Help and Peer Programs**  
The positive benefits of peers sharing our lived experiences and honoring our unique gifts. Collaborating in the design of the "Ideal" Wellness Center.
- **Building on our Grass Roots:**  
Exploring our history and grassroots values. Also, how will the client movement succeed in doing outreach and inclusion to those who have been poorly served by historical mental health

care? A discussion addressing how the client principles can be infused throughout the behavioral health system and continue to remain the guiding force for grassroots organizing.

- **Cultural Competency: Visioning Ourselves into Wellness:**  
This session will focus on the use of visioning within different cultural groups to enhance mental wellness and emotional healing.

Included in this 2-Day Educational Forum will be the annual Central Valley Regional meeting. There will be an election of CNMHC Board of Directors members, alternates for those positions and the selection of the Annual Regional Project. Please attend and have your voice be heard in these important decisions.

Call Michele D. Curran, CNMHC Central Valley Regional Forum Coordinator  
at 209-295-1229 (cell) 209-304-7319

Registration information: California Network office 916-443-3232 or

Email: [ReachingAcrossOurRegions@californiaclients.org](mailto:ReachingAcrossOurRegions@californiaclients.org)