



WE NEED YOU!

We are excited to announce, that we are looking for consumers to help us create a **RECOVERY BOOK** for the hospital. Our goal is to instill hope, and show other consumers things that help us in our own recovery.



These are some things we are looking for, but not limited to.

Do you have a favorite affirmation or quote?




Are you an artist? Do you have a painting or drawing we could use?

Do you love to write poetry, or have a favorite poem that has helped you?

Do you have some beautiful pictures you have taken with your camera, that just make you smile?



Do you  have a favorite book, you know could really help other people.

How did you overcome your last depression?

How did deal with your panic attacks?

How do you control your anxiety?

How do you control your thoughts?



What keeps you from getting overwhelmed

*If you are interested in being a part of this wonderful opportunity then please contact:
Marilyn Brown at 464-0136*