

SAVE THE DATE...

The 2013 Forum for Healthy Minds presents:

THE ROAD TO HEALING:

NAVIGATING PATHS TO RECOVERY

With Keynote Speaker: **Dr. Mark Komrad**

Author of "You Need Help: A Step-by-Step Plan to Convince
a Loved One to Get Counseling"

cahm
community
alliance
healthy
minds

When:

Saturday, May 18, 2013 • 8:30am-3:30pm

Where:

**Abraxas High School • 12450 Glen Oak Road
Poway, CA 92064**

What to expect:

Powerful Workshops for parents, teens, and young adults aimed towards empowerment, motivation, knowledge and understanding, creative healing, and take-away skills to bring into your daily life

Resource and Arts Fair featuring over 30 San Diego health and wellness organizations, community resources, and local artisans' crafts

Plus breakfast, lunch, raffle prizes, and a place to make new contacts, share your story, and find support

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

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

For programming and registration information visit:

www.cahmsd.org