



# Peer Connections

Wouldn't it be awesome if you were able to live your best life by changing the way you think, feel, and act in your everyday life? YOU CAN DO IT! By utilizing the resources offered at CMHSAS, you will be launched into the world of your dreams! So, take a deep breath and be prepared to discover the pathway to a life that you choose to design.

Each week, the Peer Support Staff at CMHSAS will teach and guide you to help yourself flourish. Together, we will learn about the many services that CMHSAS offers and also begin a journey that will teach us the wellness tools and the skills necessary in order to, not just survive, but to thrive!

Please join us!

Everyone in the community is welcome!

This peer led group will meet weekly beginning March 3rd

Thursdays from 11am-12pm

@St. Joe CMHSAS

677 East Main St.

Centreville, MI 49032

Any Questions? Please call Marie, Brandi, or Linda

@(269) 467-1001 Ext#384, #377, or #363

