

NAMI BLAIR COUNTY PA PRESENTS...

RYAN CUSTEAD

## LIVING RECOVERY

FOLLOW RYAN'S JOURNEY THROUGH ADDICTION & MENTAL ILLNESS INTO TREATMENT, HEALING, & RECOVERY...

## HANDS ON WORKSHOPS:

- VISUAL LIFE MAPPING
- THE CRISIS
   PROCESS:
   PREVENTION
   PLANNING &
   PREPARATION
   STRATEGIES



THURSDAY, APRIL 16, 2020. 10:00 AM-3:30 PM. ALTOONA GRAND HOTEL. EVENT REGISTRATION FEE \$5 (INCLUDES LUNCH & CONFERENCE). CALL 814-327-7083 OR EMAIL OFFICE.BLAIRNAMI@GMAIL.COM TO REGISTER.