

The Mood Disorders Association of Ontario and Spark of Brilliance Present

NOW WHO'S TALKING: TELLING YOUR RECOVERY STORY

Elly Litvak, is a mental health recovery coach, consultant and the star of her one-woman show "Now Who's Crazy Now?" about her experience of living with and recovering from a mental illness. With a focus on mental health and recovery, Elly offers her creative writing expertise and guidance in a series of eight, storytelling workshops for Fall 2010, where you will **learn to write and tell your story of recovery!**

A SERIES OF 8 STORY-TELLING WORKSHOPS

Wednesdays - September 22, October 6, 13, 20 & 27, and November 3, 10 & 17
1:00 - 4:00 p.m.

During this series of 8 workshops you will **EXPLORE** your personal **EXPERIENCE** of recovery. Through the process of writing and telling your stories, in a safe and nurturing environment where humour is used to lighten an often-heavy subject, we are **EMPOWERED** to regain control over our lives.

WHO WILL BENEFIT FROM THIS SERIES OF WORKSHOPS?

People of all ages and stages of recovery will experience and benefit

from:

- The 7 R's of Recovery
- The Arc of Recovery
- Developing a Story Outline
- Using New Skills to Tell Your Story



Mood Disorders Association of Ontario
Main Boardroom - 36 Eglinton Ave. W.
Suite 603, Toronto, ON

For optimum benefits, participants are encouraged to attend all workshops in the series.

Registration required - first 20 people to registered will take the course. Manual and writing materials provided. Bring your lunch - snacks only provided.



Mood Disorders Association
Phone: 416-486-8236
Toll Free: 1-888-486-8236
Fax: 416-486-8127



Registration through
Spark of Brilliance:
Email: info@sparkofbrilliance.org
Phone: 519-766-4450 ext. 237
www.sparkofbrilliance.org



SPONSORED BY:



www.workmanarts.com - www.trilliumfoundation.org

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO