



Get Back on Track *with Life*

**Monday, June 23
2-4:00pm at
LINC, Incorporated
120 East A Street, Belleville**

A compassionate and interactive exploration of the opportunity to grow after a hospitalization.

- ***HOW WILL I KNOW WHEN I AM FEELING BETTER?***
- ***HOW DO I CREATE A TIMETABLE OF RESUMING RESPONSIBILITIES?***
- ***WHAT DO I NEED FROM MY SUPPORTERS?***
- ***WHAT HAVE I LEARNED FROM THIS EXPERIENCE***



**Guest Speaker: Cindy Mayhew, CRSS
DHS/Division of Mental Health, Region 5**

Registration for the workshop is required. Space is limited. Register today by calling LINC at (618) 235-9988. Visit our website at www.lincinc.org for other workshops and program offerings sponsored by LINC.

A sign language interpreter will be available if requested no later than 72 hours before date. LINC outreach material is available in other formats.

