

VET 2 VET 2010



The Recovery
Workbook ---

Session Begins
January 4th

- Peer Facilitated
- By Veterans, For Veterans
- Education based
- Solution Focused
- Learn About Mental Illness
- Discover Effective Tools for living with Mental Illness
- Symptoms, Strategies, Solutions
- Provide Mutual Support

Come Join us!
Mondays and Thursdays 2 PM to 3 PM
Room B1375 in the Mental Health Clinic
Detroit Dingell VA Facility