



Ready to take charge of your own Recovery?

Introducing: Veteran "X"

A Peer-Led Group

Duration: Ongoing and open-ended

Time: Monday 2-3:30

Where: Virtual

Beneficiaries: All recipients of mental health care can benefit from this group.

Overview:

- To provide participants with the opportunity to experience the inner workings of a treatment team.
- To enhance participant awareness, knowledge and understanding of recovery goals.
- To provide participants with problem solving techniques and develop stronger social skills.
- To empower the participant to advocate for one's own treatment through a Treatment Plan and Treatment Team.

Group activities:

Participation

Team work

Role Play

Note taking

Problem solving techniques

please contact: Kyle Milk (Kyle.Milk@va.gov), at 315-425-3479