

## Free Recovery Education Program Spring Class: 2012

For persons diagnosed with a serious mental illness

Bipolar Disorder, Major Depression  
Schizophrenia and Schizoaffective Disorder  
Borderline Personality Disorder  
Panic Disorder, Obsessive Compulsive Disorder  
Post-Traumatic Stress Disorder (PTSD)

A series of 10 weekly classes (2 hours each week) structured to help persons with mental illnesses learn about, discuss and better understand mental illness, recovery and how to establish and maintain wellness. The course is taught by a trained team of persons with a mental illness who are in recovery. **We invite you to call one of the teachers listed below\* for more information and to register. There is no cost to participate in the class.**

**Class begins:** Tuesday, January 17, 2012, and meets every week until March 27, 2012  
**Location:** College Hill United Methodist Church  
2930 East First Street North, Wichita  
**Time:** 6-8 PM

Co-Teachers: \*Nancy Ross 316-371-1023 or  
soonancy@hotmail.com

\*Jo Columbine 316-210-5550 or columbine\_e@yahoo.com

**Application and registration are required.** Class size is limited to 15 persons.  
**Application deadline is January 13, 2012.**

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