



# From Hopelessness... to Hope and Healing

## 13<sup>th</sup> Annual Forum for Healthy Minds

Saturday, October 5, 2019 · 8:30 AM – 3:30 PM

at California State University, San Marcos  
103 Campus View Drive, San Marcos, CA 92096

### *The Power of Your Story:*

*“There is no greater agony than bearing an untold story inside you.” – Maya Angelou*

#### POWERFUL WORKSHOPS

- For individuals, family members, young adults, advocates, providers, community members, faith-based advocates
- Presenters will address REAL LIFE issues and solutions
- Learn how your own story of hope and recovery may be yours & someone else's saving light
- Experience creative expressions of storytelling

#### RESOURCE FAIR

- Features over 40 mental health and substance abuse resources, organizations and services in San Diego

#### AND MORE!

- Lunch, raffle prizes and a comfortable venue to make new contacts, gain the latest and most up to date information, and seek support from those who have similar life experiences

#### Your donation helps make this Forum available to others

CAHM was founded by Rex & Connie Kennemer in memory of their son, Todd (1980-2005)

2019 program information & registration at [www.cahmsd.org](http://www.cahmsd.org)



COMMUNITY HEALTH IMPROVEMENT PARTNERS  
*Working in Differences together*



*“Together we can change the landscape of mental health in our communities.”*