

EVERYONE

IS WELCOME TO

ATTEND MEETINGS

NO MEMBERSHIP FEES

INCLUDES MONTHLY  
NEWSLETTER

VOLUNTEER OPPORTUNITIES

HIGHLIGHTED

ARE YOU READY TO

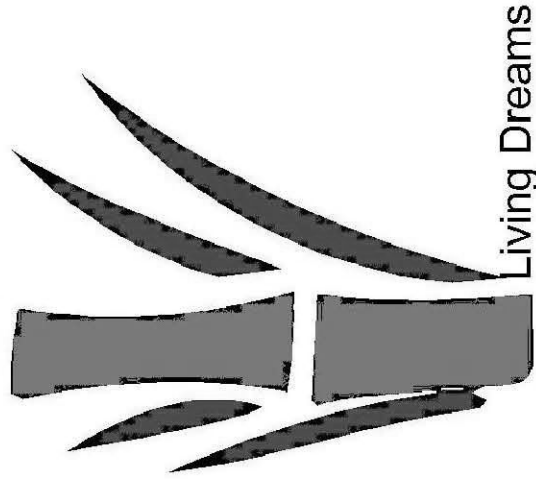
ENTER RECOVERY?

**JOIN US!**

## Prosumers :

- Meet monthly for an empowerment group
- Support others
- Volunteer
- Advocate
- Have a better life
- Often find work or go back to school
- Encourage others
- Empower others
- Turn their disability into a positive

**P**  
*rosumers*



Living Dreams

A Prosumer is  
someone who is  
**Proactive** in their  
recovery and  
**Provides** back to  
the community.

## Empowerment Meetings

The monthly meeting that has two parts, first is having lunch together. This is where people connect with other people. We share stories, resources and phone numbers. This is where we become friends.

The second part of the meeting is where we become empowered to take steps to making our world better. Some of the topics that we have covered included:

- How to buy your own home
- Singing positive "I" statements with the Positively Me CD
- How to deal with change
- Finding fun again
- What makes people happy

Most meetings involve interaction and participatory learning. We always have lots of fun.

## Newsletters

The Prosumer News keeps you up to date on issues that can affect your life. Inside every issue is a monthly calendar with events that you might be interested in, such as support group meetings, community events, and Prosumer activities. Every issue is a positive reminder that

## History of the Prosumer Group

As a person who was diagnosed with a severe and persistent mental illness, I found myself hopeless and felt helpless to change my life. I was fortunate to find people and opportunities that started me on the road to recovery. As I began getting better and got involved in life, I found that there was a consumer movement that was international in scope. I began to grow and applied for committees and board positions. As my passion took me all over the world, I found people in recovery had a reoccurring theme. Most of them had volunteering as an avenue to help them in their recovery process. As this was also part of my story, I created a group that incorporated volunteering along with empowerment and encouragement to help people find their path of recovery. I know this program has been successful because many of our members have gotten jobs or gone back to school. I now co-own my own business where I do disability education and make training videos while chronicling the consumer movement. I have found that life is all about choices. The Prosumer group helps you to identify the positive choices in your life. You can choose recovery and life. You can start today! Join us!



## Contact the Prosumers

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**"Recovery is Possible."**