HB

Monday 5-7pm

5:30 pm women's PTSD support meeting

Tuesday 3-5pm

4pm Emotions Anonymous

Wednesday 3-5pm

3pm Beginning Qigong

Wellness Talk

4pm Dual Recovery Anonymous

Thursday 3-5pm

4pm Peer to Peer support meeting

What are we up to?

We will be moving into our new space early in 2009

200 West Clark Street

Best of all...it's Free!

Are you in crisis?

Do you need immediate help?

The Help Desk

406-586-3333

Park County Mental Health Center

232 South Main Street

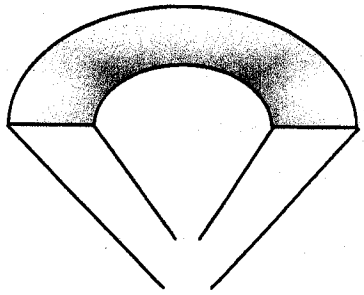
(Corner of Main & Clark)

Livingston, MT 59047

406-222 - 3332

"The Drop In Center changed my life. It's given me hope."

Park County Drop In Center



Free Peer to Peer Support

100 West Clark St.

Livingston, MT

406-222-3332

EXHIBIT #19
DATE 1-30-09
SB

#11

What is a Drop In Center?

The Drop In Center

is a peer to peer support program that provides a place where individuals share their experiences, lend support and move into recovery without judgment.

Together as peers we work to improve the state of our lives.

Depression

Anxiety/Stress

Alcoholism

Bi-polar

Drug addiction

Schizophrenia

Post Traumatic Stress Disorder

If you need help we are here.

Hope, Cope and Recovery

Hope

You are not alone

You do not have to continue to

suffer in silence

We understand what you are

going through because we have been there too

Cope

Connect with others

Find out what worked for them

Learn new skills to help balance your life

Share your own experiences

Strengthen your mind

body & spirit

Path to Wellness

Recovery

Actively participate in peer run support groups

Work your own

Recovery Plan

Sobriety

Social Interaction

12 step program

Life Survival Skills

Service to others

PTSD Class

Peer to Peer

support is a growing trend across the country

Come and be part of it right here in Livingston Montana