

RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA's Board of Directors is looking for additional members to represent Regions 3-10 for 2024-2027. If you would like to nominate someone, you may use the link [HERE](#) to nominate.

PMHCA's 2nd Annual Recovery Conference will open registration to Consumer-Run Organizations starting April 1. For details, please visit: www.pmhca.org/conference

Kathy, Ethan, and Candi will be attending this year's CJAB (Criminal Justice Advisory Board) Conference in State College, PA.

In preparation for the upcoming busy season, PMHCA staff took a much needed afternoon for some fun and team-building. We had a great time playing games and chatting at Dave and Buster's!



TRAINING DEPT. NEWS

Against the Backdrop of an Epidemic is scheduled for April 22. The training was created to invite conversation and self-exploration into stigma related to substance use disorder. Self-Stigma has prevented many individuals from accessing and even being successful in their recovery. In this workshop, we look to identify those stigmas, break down barriers, and crush self-stigma, giving individuals the tools to access their full potential in their recovery journey.

To register for this class, please follow the link: <https://pmhca.org/event-5532713>

Youth and Young Adult Peer will be held April 17-19, virtually on Zoom. This 3-day workshop allows for education, conversation, and skill building that focuses on working directly with the youth and young adult population as well as enhancing the knowledge attendees may already have about peer empowered story sharing and relationship building with the peers they work with.

To register for this class, please follow the link: <https://pmhca.org/event-5255460>



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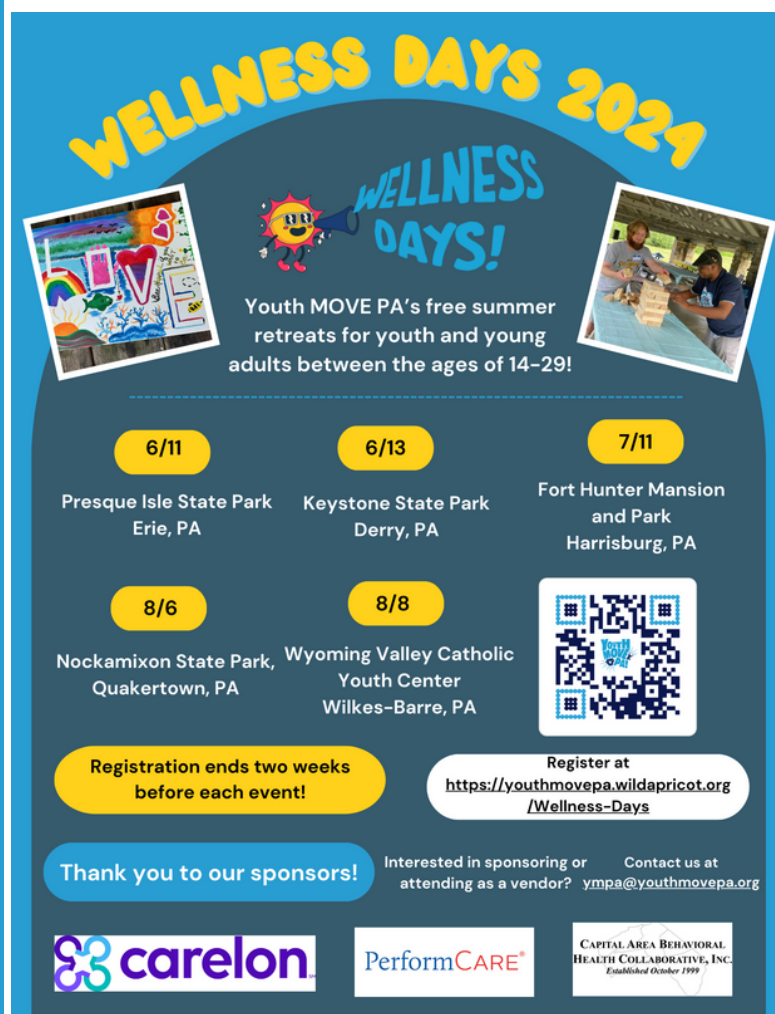
YOUTH MOVE PA NEWS

Wellness Days registration goes live April 1st, 2024. This is a day of fun for youth, young adults, and their caregiver at a park within five regions of PA. For more information on these fun-filled days, head to our website at <https://youthmovepa.wildapricot.org/Wellness-Days>.

We are currently accepting workshop proposals for Wellness Days 2024. If you would like to submit your workshop for consideration, please follow the link below: <https://forms.office.com/r/982MbyhErW>

YMPA is hosting a free trauma training April 9, from 1:00pm to 3:00pm virtually. Trauma for Youth and Young Adults is designed to directly address trauma with youth and young adults, providing a safe and supportive environment to promote open dialogue and discussion. For more information, or to register, please follow this link: <https://youthmovepa.wildapricot.org/event-5532593>

Kevin, Chris, and Zoe will be presenting at the Children's Interagency Conference April 22nd-25th in State College. This workshop is based on the Peer Generation Youth Empowerment training. Register for the conference at <https://www.childrensinteragencyconference.org/>



WELLNESS DAYS 2024

WELLNESS DAYS!

Youth MOVE PA's free summer retreats for youth and young adults between the ages of 14-29!

6/11 Presque Isle State Park Erie, PA	6/13 Keystone State Park Derry, PA	7/11 Fort Hunter Mansion and Park Harrisburg, PA
8/6 Nockamixon State Park, Quakertown, PA	8/8 Wyoming Valley Catholic Youth Center Wilkes-Barre, PA	




Registration ends two weeks before each event!

Register at <https://youthmovepa.wildapricot.org/Wellness-Days>

Thank you to our sponsors!

Interested in sponsoring or attending as a vendor? ympa@youthmovepa.org

Contact us at ympa@youthmovepa.org



UPCOMING TRAININGS



APRIL 17-19 **YOUTH AND YOUNG ADULT PEER**
HARRISBURG, PA

APRIL 22 **AGAINST THE BACKDROP OF AN EPIDEMIC**
VIRTUAL

JUNE - DEC **FORENSIC PEER SUPPORT CLASSES**
VIRTUAL & IN-PERSON



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COMMUNITY EVENTS



SAVE THE DATE:

PA Advocates are planning a Hill Day for Mental Health in May 2024

Following the 2024 NAMI Keystone PA Conference, the PA Advocates for Whole Health & Wellness will be doing a Hill Day event focusing on mental health and wellness! We NEED you to be there to share YOUR story with legislators who need to hear it!

NAMI Conference - May 14th & 15th (over at 12pm)

Hill Day Begins - May 15th at 1:00pm

Keep an eye out for more information coming soon!

CLEARFIELD JEFFERSON CSP DAY INVITES YOU ALL TO:

8 RING CIRCUS OF WELLNESS

Date: May 9, 2024 11am
Location: The Copper Cork
512 Arnold Ave Clearfield, Pa

Join us for:
Food/Fun/Games/Activities/Connection

RSVP by 5.6.24
PHONE 814.857.1906
Email mcastro@ccc-j.com
or sign up sheets at local centers



Cumberland/Perry
Community Support Program

Mental Health Awareness Walk

Date/Time: Friday May 3, 2024 from 9am-2pm

Place: LeTort Park, 260 E Pomfret Street,
Carlisle, PA

Register by Friday March 29th

<https://online2.snapsurveys.com/n4e9gq>



Follow the web address or scan QR code with mobile phone to register

For information contact:
Cumberland/Perry CSP
at (717) 651-1070
csp@cumberlandperrycsp.org

COME JOIN US!

Please join us for the

11th Annual CSP Conference & 46th Annual Mental Health Awards Reception

Tuesday, May 14, 2024
10am- 2pm

Martha's Community Farm
1350 Pawlings Road
Audubon, PA, 19401

"Live for the Moment: A celebration of 20 years of Peer Support in Montgomery County"

Speakers
Art Show
Music
Educational Workshops
BBQ Lunch
Networking
Awards
Fun Games
Activities
Breakfast

This celebration will be **FREE, but registration is required.**
Please register **HERE:**
[Montgomery County CSP Conference and Awards Ceremony 2024 Tickets](#)
Tue, May 14, 2024 at 10:00 AM | Eventbrite

18 years and over only
For Montgomery County Residents and Providers
Donations and sponsorship opportunities are available and appreciated!



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