



On Our Own Of Maryland's Recovery Training Project



presents

“Discovering Your Recovery Muse”

Research proves that creativity is integral component of recovery. While conventional practices have their benefits, there are also many alternative and complimentary activities consumers can participate in to improve their well-being.

“Discovering Your Recovery Muse” is a fun, 2-hour, interactive workshop that allows participants to experience various creative processes such as art, dance, music, and writing that they can use to enhance their recovery.

Come and join us as we take you on a journey to discover your recovery muse!

This workshop is free to mental health programs, clinics, or hospitals that receive full or partial public funding from state of Maryland.

For more information or to schedule a workshop, please contact Kristen Myers at 410-646-0262 x20 / 1-800-704-0262 x 20 or kmyers@onourownmd.org.

