

## What is the Community Connections Program?

It is a program that:

- Helps people to find their niche where they feel welcomed and comfortable.
- Provides help to people who would like someone to go with them on new community experiences.
- Views being involved in the community as an important part of recovery.



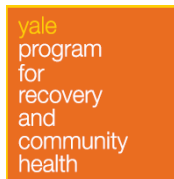
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## Community Connections Program

➤➤ Getting Out & About in  
Your Community!



Community Connector: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Who is a Community Connector?

A Community Connector is someone who:

- Has personal experience receiving mental health services
- Wants to give back to others in recovery
- Has received training in protecting your confidentiality and your rights as a research participant
- Is available to help you reconnect with things you like to do in the community



## How can I make use of this program?

You can:

- Get to know your local community and all it has to offer you
- Have leaders or others accompany you on fun and interesting community outings
- Connect to people, places, and things where you feel welcomed and valued

## What does the Program *not* do?

The Program does not:

- Replace your clinician or case manager
- Replace your existing social network – it builds or expands your own network!



A Community Connector will be in touch with you soon. Take advantage of this resource, and take charge of your own recovery!