



**Coastal Virginia Community Presentation**

# **Supportive Communication for Those in Recovery and their Partners in Care**



**Tuesday, March 10th, 2020**

Thalia United Methodist Church, 4321 Virginia Beach Blvd, Virginia Beach, VA 23452.

**A light dinner is served at 5:30 p.m. | Program follows at 6:00 p.m.**

This presentation will focus on creating opportunities for better communication between persons who are struggling with mental illness and their partners in care (family, friends, etc). Often times people struggle to ask for help, or find it difficult to see how others can be part of their care. This often stems from beliefs that they may be burdening others, or perhaps assumptions of judgement are made. While partners in care often times want to help, they may feel like they are walking on egg shells, or afraid they will say the wrong thing. This often results in frustration, leading to no discussion at all. Partners in care will focus on working to identify supportive relationships, and learning ways to build a strong recovery journey partnership.

*Speaker: Leah Baldwin, LCSW, CSAC  
Community Mental Health Liaison, Janssen Neuroscience*

**This program is open to the public. All are welcome.**

*If possible, please bring a non-perishable item for the church food pantry.*