

# Washington Recovers Resilience Speakers

One definition of recovery is, “the action or process of regaining possession or control of something stolen or lost.” We are going to be celebrating the many facets and expressions of recovery from chaotic/somatic issues. We are an expression of taking back our lives! Please join us and others in recovery. Bring your chair, bean bag, coffee, frisbee, soda, popcorn, nerf ball, or lunch the last Friday of each month this summer from 12:00-1:00pm . June 24, 2022 \* we are excited to have Philip Scolaro sharing his story.

Phil Scolaro is a survivor of suicidal ideation and depression. Recovery is rarely a clear level up for any of us and nothing worth happening happens overnight, but life is better than it used to seem. After years of literally struggling to survive spiritual and emotional abuse, Phil now enjoys living near the Potomac River on a little homestead with his edgy/cool wife, three kiddos, too many pets, and way too many hobbies. Professionally, Phil is the director of Organizational Development at Potomac Case Management Services and a pretty good bookbinder (someone who fixes old books and creates journals/bound artwork).



Where: University Plaza, 50 W Washington Street, Hagerstown Md 21740

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