



Recovery Skills 101

with Dr. Emily Chaya Weinstein and Patricia Limpert, Certified Peer Specialist

Do you struggle with stress, anxiety or mental health issues that affect your daily functioning, self-esteem or well-being?

Occupational therapy is an evidence-based, holistic profession that helps people assess their daily activities, optimize performance, and take action to build a life of purpose and meaning. Learn the basics of mental health recovery skills:

- ❖ Session 1: Set impactful personal goals
- ❖ Session 2: Develop a wellness plan
- ❖ Session 3: Overcome worry & negative thinking
- ❖ Session 4: Build support systems and community resources

Thursdays, June 7 - 28, 2018

6:30pm to 8:30pm

19 West 34th Street, Penthouse, New York, N.Y. 10001

The group time will consist of informational and experiential activities, and personal sharing. Group methods include cognitive behavior therapy, coping skills, self-assessment, creative art, interactive group support, and weekly assignments. Fee: \$240. Register online, or mail check payable to Emily Chaya Weinstein.

Emily Chaya Weinstein, Ph.D., OTR/L holds a doctorate in occupational therapy from New York University. With over 30 years experience, she has a private practice and also works at New York-Presbyterian Hospital in NYC, where she leads treatment groups in Wellness, Recovery, Mindfulness and Creativity Development.

Patricia Limpert is an award-winning Certified Peer Specialist accredited by the Westchester Independent Living Center. She has worked in diverse mental health settings. For the past 13 years, she has worked at New York-Presbyterian Hospital - Westchester Division.

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