
Holistic Healing

1 message

Robbie Lettieri <rletteri@mhaw.org>
Reply-To: rletteri@mhaw.org
To: academy.virtual.community@gmail.com

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August 7th, 2019

HOLISTIC HEALING

With **Robbie Lettieri**

at the **Riverhead Library**

August 15th, 2019 from 6:00 pm - 8:00 pm



During this presentation we will dive into the depths of **holistic healing**. We will look at the common misconceptions surrounding holistic approaches while also exploring an array of alternative approaches to the traditional mental health system.

Please **RSVP** to reserve your seat by emailing Robbie at rlettieri@mhaw.org or call him at [631-471-7242](tel:631-471-7242).

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National presenter and Registered Yoga Therapist, Robbie Lettieri, is open about being a trauma, systems, and suicide survivor and he credits these mindful practices as being a key role in his road to recovery. Peer Support also played a massive role Robbie's healing journey. After being introduced to Peer Support, Robbie soon took the Careers in Recovery and Wellness training, which he now co-facilitates. Robbie will discuss the CRW (peer specialist) training, while also offering an overview of Peer Support Services offered her at the Association for Mental Health and Wellness.

Come join the conversation and learn different tools, techniques, and services that may support your journey towards finding peace within!

To RSVP please contact Robbie at rlettieri@mhaw.org or call him at 631-471-7242 ext. 1323. 😊

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