

# SAVE THE DATE!

## 2020 Bi-County Empowerment *VIRTUAL* Conference

### *My Life, My Voice, My Choice*

Friday, October 30 and Friday, November 6



**Mark your calendars! Registration instructions to follow.**

**Can't wait? Monthly zooms hosted by the Bi-County Empowerment Conf Committee:**

*Thursday, 9/3: "On Different Roads We Travel Here"*  
Billy Gamble - MHEP and Melissa Wettengel – HALI

*Thursday, 10/1*  
Alex Frisina – Hands Across Long Island

Contact [evaianella@mhaw.org](mailto:evaianella@mhaw.org) for access.

*The Bi-County Empowerment Conference is an annual supportive gathering organized by - and for - people who have experienced trauma, disconnection, and/or extreme emotional or altered states. The Conference allows for the sharing of our stories and of alternative recovery modalities.*