

SUBSTANCE USE RECOVERY STORYTELLING WORKSHOP

FRIDAY, JUNE 13, 2025
9:00AM - 4:00PM

Southeastern Live Well Center: 5101 Market St, San Diego, CA 92114

Who is this workshop for?

This **FREE workshop** is designed to support individuals in **recovery** by fostering community, empowerment, and connection through storytelling.

What will I learn?

- How to share personal experiences to reduce stigma and raise awareness.
- Ways to inspire hope by highlighting resilience and recovery.
- How to create connections in a supportive, safe space.
- How storytelling can empower yourself and others.



**Lunch will be provided*



**SHARE
YOUR
STORY**



Visit bit.ly/SUDStorytelling or scan the QR code to fill out an interest form.

We can help if you need accommodations for a disability or an interpreter to take part in the meeting. Services include American Sign Language and materials written in other languages. Please contact us 72 hours before the event at: Maya Shahr, (619) 518-4853, Maya.Shahr@sdcounty.ca.gov



Questions?

Maya.Shahr@sdcounty.ca.gov

*Meghann Perry
Group*