



## Depression and Bipolar Support Alliance (DBSA) of Falls Church, VA News Release

**FOR IMMEDIATE RELEASE**  
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### **Depression and Bipolar Support Alliance (DBSA) of Falls Church, VA presents Pathways to Recovery**

Pathways to Recovery is a strengths-based workbook written by social workers and persons recovering from mental illnesses from the Supported Education Group, University of Kansas, School of Social Welfare. Anne and Toni from the Depression and Bipolar Support Alliance (DBSA) of Falls Church, VA have been trained by the national organization, DBSA, to facilitate an 8-week workshop using the exercises and activities in the Pathways to Recovery workbook.

We are looking for participants who want to get past their psychiatric diagnosis and move forward to a more balanced, fulfilling life. We will explore motivation, self-responsibility, and the attitudes and behaviors used to enhance one's life. Common barriers to recovery will be discussed and strategies developed to overcome them. Personal strengths will be identified and used to develop a personal recovery vision. You will be able to set goals in many areas of your life. We will discuss the importance of personal support and how to use common "rest stops" and "travel tips" on your journey.

Participants will go home with their copy of the workbook so recovery does not stop at the end of the workshop. Thanks to a grant from the Northern Virginia Regional Planning Partnership, the Regional Recovery Work Group, and fiscal agent Pathway Homes, the workshop is **free** of charge. Thanks also to Inova Alexandria Hospital for offering the use of their education rooms free of charge. Space is limited to 15 per workshop, so call to sign up soon. **Pre-registration is required to participate.**

DBSA Falls Church, VA is offering the Pathways to Recovery workshop three times: **Tuesdays, 9/11/07 to 10/30/07; Wednesdays, 1/9/08 to 2/27/08; and Tuesdays, 4/1/08 to 5/20/08.** All are weekly from **6:30 to 8:30 PM at Inova Alexandria Hospital, Education Rooms 1 & 2.**

For additional information please call Anne at 703-354-5104 or Toni at 703-567-2222 or email [dbsafcclasses@yahoo.com](mailto:dbsafcclasses@yahoo.com).