

# Path to Well-Being: The Inner Journey

January 17, 2024

1:30-3:00pm MST

The session starts with an overview of mental health frameworks, breaking down a systems view of well-being. This helps us create the context to talk about mental health and the healing process. Then, we'll dive into an adventure story that takes us through a typical healing journey. Our route covers typical challenges, and examples of strategies to work through the stages, highlighting the emotional shifts to look for that signal progress.



## Learning Outcomes:

- Recognizing what attitudes and behaviours you're already using to support your healing
- Skills that can help you maintain a sense of stability in difficult times
- Confidence to explore post-session resources for your next step

## Speakers:

Stacey Perlin, the Chairperson of the Perlin Foundation for Wellbeing, guiding a community of volunteers, artists, and professionals through arts & culture projects that support the local mental health ecosystem and healthy brain development, as well as promote mental health literacy. She brings her lived experience to the material, speaking as someone who's regaining her authentic self after substance abuse, bankruptcy, homelessness, domestic violence, systemic poverty, and physical/emotional abuse. Working towards healing every day, Ms. Perlin frames complex conversations with humour, compassion, and research-backed observations



Target Audience: Anyone who's curious about the healing journey, and where they might be with it. Especially helpful for those with chronic or complex health conditions and who've experienced mental health challenges

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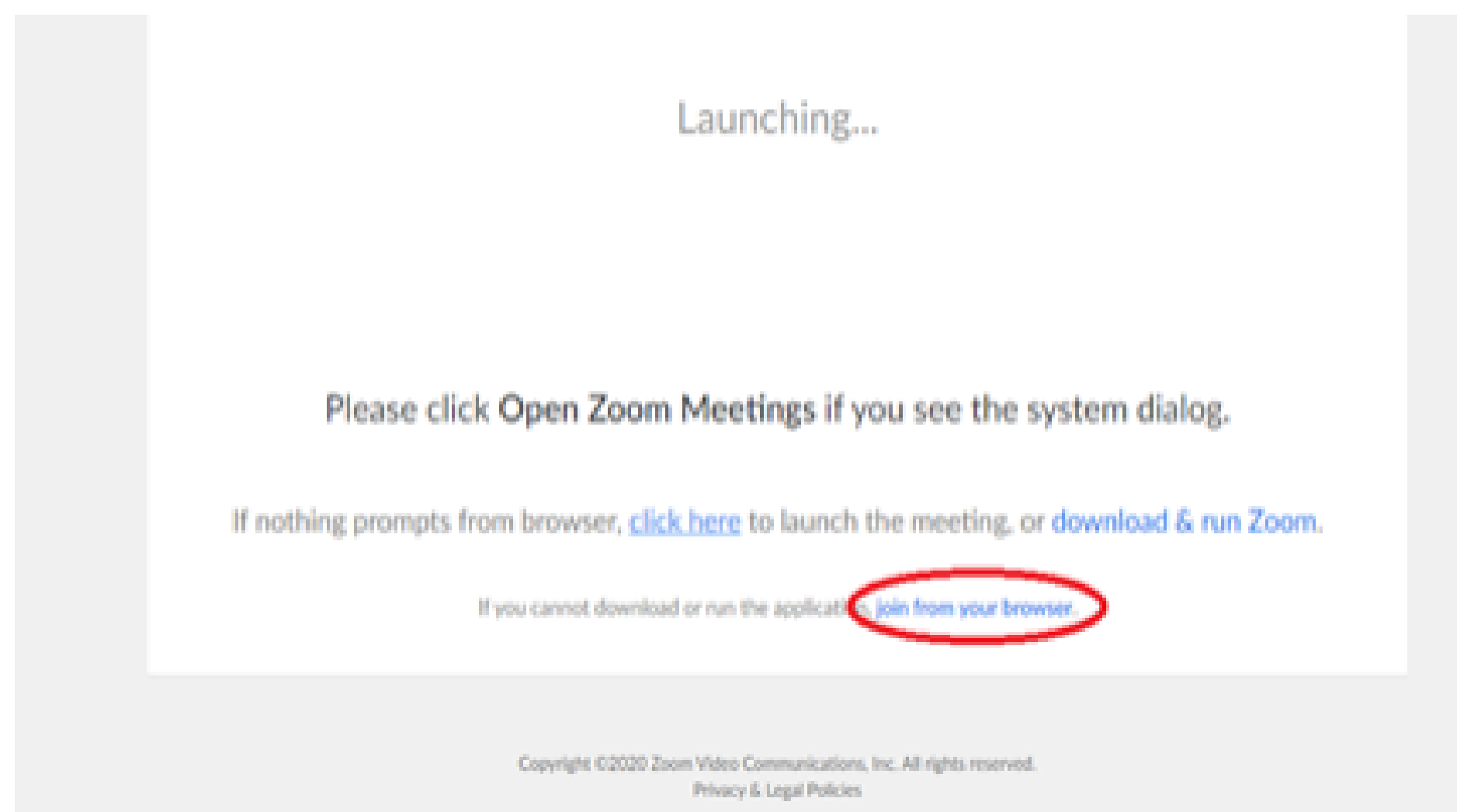
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