



PROMOTING WELLNESS THROUGH SOCIAL JUSTICE

THE NATIONAL EMPOWERMENT CENTER ANNOUNCES

ALTERNATIVES 2010

THE NATIONAL MENTAL HEALTH CONFERENCE ORGANIZED
BY AND FOR CONSUMER/SURVIVORS

SEPTEMBER 29 – OCTOBER 3, 2010
ANAHEIM, CALIFORNIA

Share and acquire information, knowledge and skills • Network with consumer/survivors from across the U.S. and around the world • Express your creativity • Attend caucuses on a variety of stimulating topics • Dance, socialize, and have fun!

This year's conference will focus on strategies to increase the wellness and the health of individuals and communities through taking action for social change. We will learn about strategies to restructure mental health systems to be recovery-oriented and community-based; to protect our civil and human rights; to exercise our power of choice in health approaches, and to build more accepting, inclusive, and diverse organizations and communities. Together, we will maximize our individual and collective strengths, potential, and creativity to make wellness and social justice a reality for all.

"The conference transformed me so I can transform the system."
--Alternatives attendee

**For more information visit:
www.power2u.org/alternatives2010**

Alternatives 2010 is funded by:

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services • www.samhsa.gov

