

## Recovery Month 2011 to 2012 Calendar

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<b>SEPTEMBER 2011</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>OCTOBER 2011</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>NOVEMBER 2011</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>DECEMBER 2011</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
<b>JANUARY 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>FEBRUARY 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	<b>MARCH 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>APRIL 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
<b>MAY 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>JUNE 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>JULY 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>AUGUST 2012</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

*“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”*

*-National Consensus Statement on Mental Health Recovery*



Jennifer Hanson is the winner of the 2011 King County Mental Health Poster Art Contest. The judging panel found this to be a striking and powerful illustration of the theme of Stepping Stones to Wellness. King County congratulates Ms. Hanson and thanks her for sharing her creativity. “Born in Seattle, I live here and love the Pacific Northwest. I have PTSD, Major Depression and have recently been treated for my Borderline Personality Disorder with Dialectical Behavioral Therapy via Harborview and Dr. Linehan’s study. I have received housing through Transitional Resources after a four year period of homelessness. Doing art is my outlet; it keeps me grounded as do my two pets. I am grateful that I am on the road to recovery due to the support of my chosen family and caring professionals in the community.”



**King County**

King County Mental Health, Chemical Abuse and Dependency Services Division

Telephone: 206-263-9000

Washington Recovery Help Line 877-789-1511

Mental Health Ombuds 206-205-5329

King County Mental Health Website

<http://www.kingcountv.gov/healthservices/MentalHealth/Recovery/aspx>