

Attention BHRS clients and their family members...

Do you have stories to share?

We want to hear them!

Lived Experience Academy Training

Learn how to share your stories to empower yourself and others, reduce stigma, improve the County's services and develop your leadership skills.

Your experience is extremely valuable and needs to be heard!

If you or a loved one has experienced mental health and/or substance abuse challenges, and want to make a difference, we can teach you how to present your stories of recovery in a way that inspires others and helps improve the County's behavioral health services and the lives of San Mateo County clients and family members.

LEA Graduates will receive a stipend and join a team of consumer and family member leaders who share their stories and give their opinion about our services. No previous writing or public speaking experience needed.

*The LEA is conducted by the
Office of Consumer & Family Affairs (OCFA)
and funded by MHSA WET funds*

Apply now

**The LEA is five weekly classes
taught on Tuesdays:**

- March 19 and 26, April 2, 9 and 16
- From 4 to 6 PM
- At 2000 Alameda, San Mateo
- Only 15 spots available
- Deadline to apply: Tuesday March 8

**For more information or
to apply, contact:**

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COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES