

Attention BHRS clients and their family members...



**Tell the world
about you!**

**Join the
Lived Experience Academy!**

From the BHRS Office of Consumer & Family Affairs

Learn how to share stories from your life 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 six weekly classes
taught on these Thursdays:**

October 3, 10, 17, 24, 31 and November 7
From 4 to 6 PM
At 2000 Alameda, San Mateo
Only 15 spots available
Deadline to apply: Monday September 16

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

- Lee Harrison at (650) 372-6118
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- Jairo Wilches at (650) 573 2890
jwilches@smcgov.org



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**