

RECOVERY IN FOCUS

Spark of Brilliance presents, *Recovery in Focus*, a photography and writing e-book project. It's easy to become involved—all you need is a camera and/or a pen and paper!

Between now and **March 31st, 2021** take one picture (or write something) for each of the following prompts :

1. We are all on a Journey
2. Finding Meaning
3. Peer Support
4. I am Not my Diagnosis
5. My Recovery

Please do not include faces (including your own) in any of your photos. Please title photos with the number of the prompt.

For more information or to submit your contributions please email Marcey Gray, Program Coordinator at mgray@cmhaww.ca. One or all of your photos/writings may be included in the finished e-book!

LIFE IS LIKE A
CAMERA
JUST FOCUS
ON WHAT'S IMPORTANT &
CAPTURE
THE GOOD TIMES
DEVELOP
FROM THE NEGATIVES
& IF THINGS
DON'T WORK OUT
JUST TAKE
ANOTHER SHOT



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT
Spark of Brilliance

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