



STAR Center Teleconference Series

Multicultural Awareness, Recovery, Wellness, and Community

Please join us as we explore ways of creating a wellness toolbox that includes approaches from multiple cultures, with information and discussion that recognizes some time-honored practices and traditions. You are invited to take part in sharing, discussing, and learning together as we search for strategies to develop a personal wellness toolbox to identify what can work for us *right now*.

In this presentation we will offer participants the opportunity to share:

- What does health and wellness mean to you?
- What has worked for you in the past?
- How are you doing/what are you feeling at the present?
- What can help you formulate a plan for the future that builds on or makes come alive your dreams and goals?
- How can you make progress in your recovery and wellness right now in manageable, realistic and meaningful ways?

Awareness is the key, how people maintain their personal wellness is often dependent on cultural, spiritual, and/or attitudinal beliefs.

Let's talk about what makes us all different. Let's challenge ourselves to maybe try something new. Having an awareness of what you would like to do, or adopting a new way to approach dreams and goals offers many the opportunity to chart a course on a continued journey of wellness that can be exciting, dynamic and full of possibilities.

Our intention is to create a wellness toolbox similar to what others have used and found helpful in the past, and through this workshop, have participants add to a "wisdom list" that can be updated over time to be a source of support and technical assistance to others in our communities.

We would also like to offer a list of resources that affirms health and wellness through many different approaches. Having a menu of choices to keep things fresh, informative and empowering—this is one of our goals.

We will offer some outlined materials to support you in creating your own personal wellness toolbox, and you can create a wellness plan in any format you choose.

We hope to create a rich and dynamic list of skills, practices, opportunities, and personal stories & testimonials from those embarking on a self-directed future.

Please come and share with us as "Health and Wellness is the best gift of all."