

# Embracing Kindness

My journey of recovery - by **Colleen Jokinen R.N.**



*"If recovery is possible for me,  
it is possible for you!"*

**Colleen Jokinen R.N.** is the former Director of Marquette's Brantley Drop In Center, a Certified Peer Support Specialist and a NAMI *In Our Own Voice* presenter. She celebrates living successfully with bipolar depression for 45 years in recovery.

Colleen lived the roller coaster ride of bipolar and has found her way through self-kindness. She has found just as it takes a village to raise a child, it takes a village to support someone with mental illness.

Colleen's fresh and persistent approach to recovery will empower you, and give you hope.

Copper Country Mental Health and  
Rice Memorial Clinic Foundation Present

## 2017 Recovery Lecture

Monday September 25, 2017

- **1 pm – 7<sup>th</sup> Floor, Magnuson Inn Franklin Square**, Downtown Houghton
- **7 pm, CCMH Institute**, 900 W. Sharon Ave., Houghton

**This event is free and open to the public.**

Register yourself or a group online:

<http://bit.do/recoverylecture>

Registration is not required, but registration helps us plan seating.

