

"Sharing my story helps me feel the struggle was not in vain, that I can help others. Even if I help one person, then it's worth it."



Two steps forward...



Drastic progress calls for drastic efforts. I have learned that growth and progress require dramatic daily efforts. Daily exercises have released me from the bondage of my mind and spirit. I am learning to get to know the real me, not the manic me or the depressed me or the mixed-episode me. To understand myself. Winter will come soon enough, but for now I am enjoying every moment. Please come join me on a journey of growth and recovery.

Aaron Klein will speak at the Corner Clubhouse in North Park, accompanied by live music. Admission is free but donations are accepted, a portion of which will go to DBSA San Diego. Thanks to all of you at DBSA San Diego who have supported me in good times and in bad.

when: Wednesday, 26 June 2013 at 6:00pm

where: Corner Clubhouse (619.683.7423)

**2864 University Avenue (between Utah
and Kansas Streets)**

**San Diego, California
92104 (North Park)**

To ensure adequate seating,
please RSVP to
<hope.is.unlimited@gmail.com>

