

Free

PERSONAL EMPOWERMENT TRAINING (PET)

for Butler County Recovery Community



ABOUT THE TRAINING:

This **free** training is open to those in recovery and for those who support individuals in recovery. PET can be particularly beneficial for individuals in recovery from addiction, mental health issues, or trauma. Here's how PET supports the recovery process:

- **Enhanced Self-Awareness**
- **Improved Emotional Regulation**
- **Better Coping Strategies**
- **Increased Empathy**
- **Stronger Relationships**
- **Effective Communication**
- **Increased Self-Esteem**
- **Improved Mental Health**

Incorporating PET into the recovery process helps individuals gain a deeper understanding of their emotions, develop healthier coping mechanisms, and build stronger support systems.

***CEU credits available for licensed professionals.**

Dates: Tuesdays, September 24 - November 19, 2024
(No class on October 8.)

Time: 9am - Noon

Location: Mental Health Association, 140 North Elm Street, Butler, PA 16001

Register by September 18:



Dina Fricke
(724) 287-8711 ext. 8421
dina.fricke@bc3.edu



bc3.edu/empowerment