

# A Path to Recovery

Insights from the Consumer Perspective



## A Presentation by Karl Shallowhorn

Please join us on **March 10, 2010**, when Mr. Shallowhorn shares his story of recovery and hope with youth, their families, and the community. Mr. Shallowhorn is a professional living with Bipolar Disorder and would like to share his story as well as answer questions about living with a mental health diagnosis. All family members are welcome, and encouraged to attend.

**When:** Wednesday, March 10, 2010

**Where:** Western New York Children's Psychiatric Center (WNYCPC)  
1010 East and West Road, West Seneca, NY 14224

**Time:** 6:30 PM

**Questions?** Please call Carolyn Vujnovic, parent advocate at (716) 677-7079 or Jenny Laney, Erie County MHA at (716) 886-1242 ext. 313

Please register with Pamela Sankoff at [wcpopas@omh.state.ny.us](mailto:wcpopas@omh.state.ny.us) or call 716-677-7057 with name, agency or other, e-mail, and phone.

Mr. Shallowhorn is the Associate Director of Graduate Admissions and Coordinator of Veteran Services at a local college with over 11 years of experience in the higher education field. He is a Credentialed Alcoholism and Substance Abuse Counselor and leads a group entitled "Working on Wellness" at Horizons Health Services. He is on the Board of Directors for the Mental Health Association of Erie County. In October, 2008, he was honored by Erie County Executive Chris Collins in recognition of Disabled Employees month.

**Please join us!**