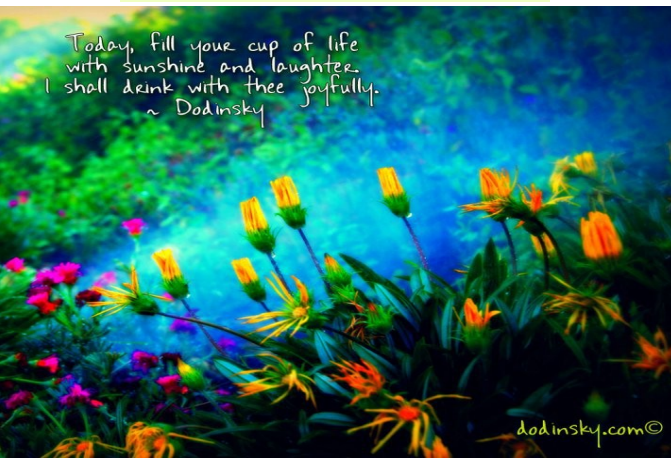


C.A.R.E. that provides hope for people with mental illness and addiction.

We are a community of advocates for resources, education and support for people in need of mental health and addiction recovery. We know from experience how easy it is to lose hope, and so we would like to provide you with faith, hope & love.

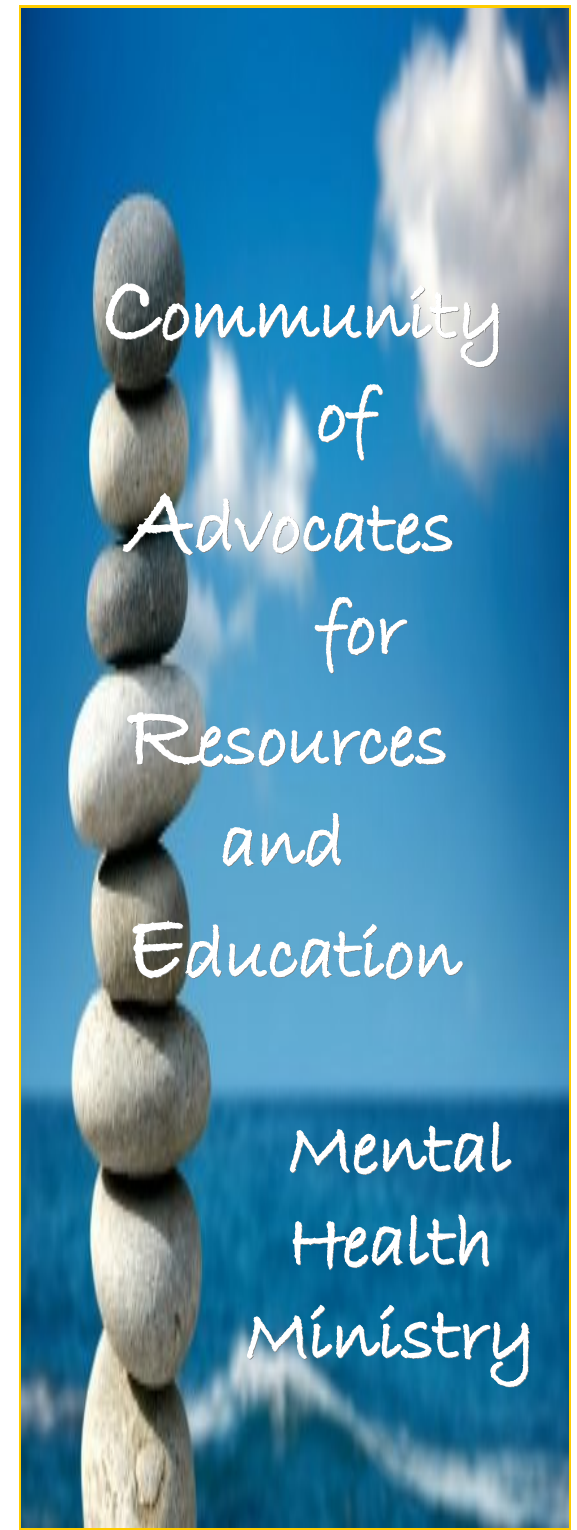


**For more information please contact:
Michael Watkins (626) 523-2738 or
Karen Streeter (562) 325-3760**



*Today, fill your cup of life
with sunshine and laughter.
I shall drink with thee joyfully.
~ Dodinsky*

dodinsky.com©



*Community
of
Advocates
for
Resources
and
Education*

*Mental
Health
Ministry*



Our Stories of Living Hope

Karen Streeter : “I came to COS 2 years ago in October. At that time I was dealing with intense symptoms of anxiety that hampered my confidence and ability to interact with others.

Through my **relationships** with my fiancée and others in the faith community and recovery community, I began to engage a **mental health** recovery process begun 8 years ago when I was hospitalized for depression and suicidal thoughts. Today I work as a Peer Advocate at Prototypes I-CAN Summit Wellness Center and volunteer at Pacific Clinic’s Bill Compton Jr. Wellness Center, both in Pasadena, CA. I am **blessed** today to have the **opportunity** to share **hope and recovery** with others through leading **support** groups and engaging in mental health advocacy activities in order to reduce the stigma of mental illness.”

Michael Watkins : “ I came to COS in August of 2009, by an invitation from Bill Doulos. I found a **community** where I could worship that would support my **recovery**. I am of **service** in the Men’s Guild and in choir. I have over 11 years of **sobriety** from drugs and alcohol, and have been working a program of recovery for my bipolar disorder for 9 years. I am presently the co-chair of the Housing and Homeless Network for the City of Pasadena and I am a member of the Programs Committee for Union Station Homeless Services. In addition, I am a member of the Quality Assurance Board for Pacific Clinics, and was a president of that board for 2 years. Today I continue to **advocate** for people with **mental health** disorders and substance abuse disorders at the state and federal levels, for programs and support systems, as well as for **housing** for people who are homeless. We all deserve a **home** and proper **care**, regardless of our background.”



Hope
Recovery
Serenity
Abundant Life

“Karen and I are excited to share our gifts with this community in order to help those in need find support and resources to deal with their mental health issues and get into recovery.”