



**YOU CAN ACHIEVE IF  
YOU BELIEVE!**



**August 2015**

During the summer break DR3AMR'S were engaged in various activities that were both fun and educational. They had an amazing time during their outings planned by the clubhouse and to top it off we planned a trip to Savannah, GA with them.

Throughout our stay we visited downtown Savannah and took beautiful pictures of the city. We also stopped at Tybee Island and got to swim in the ocean. What a wonderful way to say good bye to summer and now they're all ready for the school year!



# RESPECT INSTITUTE GRADUATES



It was a great pleasure to attend Ana's and Lilia's (EX-DR3AMR'S) Respect Institute graduation. We are so proud of you both!

The RESPECT Institute offers life-changing transformational experiences for people as they learn how to tell their stories. The graduates purpose will be transforming audiences by helping people to see the humanity beyond the illness.

By Elba Ramos

(The institute is provided by DBHDD in partnership with the Georgia Mental Health Consumer Network and Mental Health America of Georgia. There is no costs to participants).

## GETTING ACTIVE IN THE CLUBHOUSE!



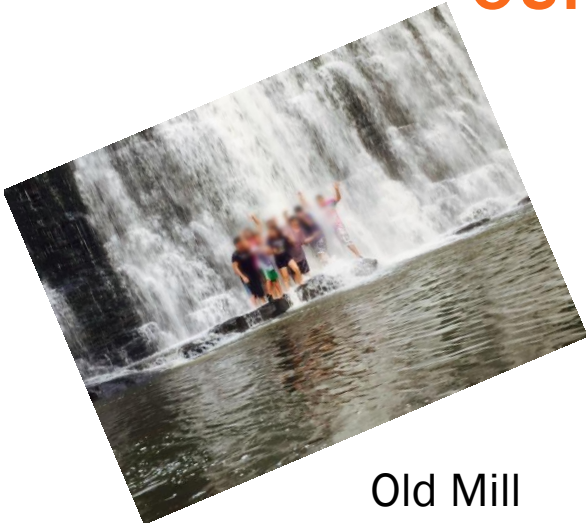
Our DR3AMR'S have been very active lately and one sport they enjoy doing is boxing. Getting involved in boxing has a lot of physical and mental benefits: Strength & Endurance gain, Cardiovascular Improvement, Improves our focus and thinking, empowers and boosts self-confidence and much more!

## BUILDING HEALTHY RELATIONSHIPS



For the month of August we had a discussion group led by Claire Lisco who works for PADV (Partnership Against Domestic Violence). This program works around the metro Atlanta area to reduce relationship and sexual violence among teens and to promote healthy relationships.

# OUR AUGUST ACTIVITIES



Old Mill  
Park



Lilburn  
Park



Up the river  
tubing



Six Flags



Birthday  
Celebration



CDC  
museum  
tour



Paintball