



My Recovery Journey from
Patient to
Peer Writer

Thursday - May 15th - 3:00 to 4:30pm

Contact peerworknetwork@vch.ca for the Zoom link

Ana Smith, a Vancouver Film School graduate and accomplished screenwriter, will present "My Recovery Journey: From Patient to Peer Writer" – a powerful exploration of how creative expression can transform the recovery process. Drawing from her personal experience following a schizophrenia diagnosis in 1998, Ana shares how she reclaimed her creative voice and developed innovative peer-led screenwriting workshops that help others find healing through storytelling.



In this engaging presentation, Ana will discuss how she integrated her pre-diagnosis identity as a writer with her lived experience to create a unique approach to peer support. Discover how creative practices can bridge the gap between personal recovery and professional development and learn practical strategies for incorporating creative expression into mental health and substance use services. Join us for this inspiring session that demonstrates how our full identities—including our creative passions—enrich our work as peer supporters.

Given time, Ana plans to show one of her thought-provoking films “Loonie.”

A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads



Vancouver
CoastalHealth