



Greetings!

Welcome new EASA participant! We are the *Young Adult Leadership Council*. We understand your situation and have been in similar shoes. EASA is a statewide program and has served a variety of ages and people of all kinds. Although we may not have experienced the exact same things, we are here to help. We understand this may be a scary or dark time. ***This program is awesome and has helped us tremendously.***

We offer comfort and support and we can also advocate for you. We have group activities, share our experiences and promote the well-being of participants. We are here to build a thriving community and create a revolution of hope.

We understand you may be skeptical or unsure about joining the program, but we are here no matter what situation you're in. This program enhanced our lives. The recovery and healing process can be gradual and sometimes frustrating, but your efforts and patience will make the difference.

## ***Fasa Young Adult Leadership Council***

A person to contact is:

Christina Wall

Young Adult Participation Coordinator

Christina.Wall@pdx.edu

[503.545.3672 text](tel:503.545.3672)

[503.725.9606 phone](tel:503.725.9606)

Connect with EASA/YALC

[www.easacommunity.org](http://www.easacommunity.org)

[www.facebook.com/easacommunity](https://www.facebook.com/easacommunity)

Twitter: @easacommunityOR

*“When I got out of the hospital, I thought I was alone, but the people at EASA were there for me, and they will be there for you.”*

--N. EASA Graduate & Young Adult Leadership Council member

*“A diagnosis is scary but this isn’t the end of the road. Think of it more as a detour and know that other people have been in a similar place. Don’t be afraid to lean heavy on your support system because that is what they are there for.”*

--M. EASA graduate, Peer Support Specialist & Young Adult Leadership Council member

*“I remember being in a dark and confusing place after my diagnosis. Your diagnosis does not define who you are. EASA changed my life and they will help you too!”*

--N. EASA Graduate & Young Adult Leadership Council member