

FREE PERSONAL EMPOWERMENT TRAINING (PET)

FOR BUTLER COUNTY
RECOVERY COMMUNITY &
THOSE WHO SUPPORT
INDIVIDUALS IN RECOVERY

ABOUT THE TRAINING

This **FREE** Emotional Intelligence training is open to those in recovery and for those who support individuals in recovery. PET can be particularly beneficial for individuals in recovery from addiction, mental health issues, or trauma. Here's how PET supports the recovery process:

- Enhanced Self-Awareness
- Improved Emotional Regulation
- Better Coping Strategies
- Increased Empathy
- Stronger Relationships
- Effective Communication
- Increased Self-Esteem
- Improved Mental Health

*"This training helped me understand not only my emotions but the emotions of others. This has helped me become a better communicator, parent, spouse, and leader."
- Josh*

***CEU credits available for licensed professionals.**



FACILITATOR: KEN CLOWES

BENEFITS

Incorporating PET into the recovery process helps individuals gain a deeper understanding of their emotions, develop healthier coping mechanisms, and build stronger support systems.

DETAILS:

Dates: Mondays, April 21 – June 23, 2025
(No class – May 26)

Time: 5:30 – 8 pm

Location: Mental Health Association
Conference Room
140 North Elm Street
Butler, PA 16001

Register by April 16:

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