



### Family Caregivers Unite!

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**March 15th 2016: Bullying of People living with Mental Health Challenges**

Craig Lewis is a Certified Peer Specialist living in Massachusetts, <http://www.betterdaysrecovery.com/>. He's struggled immensely throughout his life, but he's successfully transformed it into a life of wellness. He talks about his life, career as author of 'Better Days – A Mental Health Recovery Workbook', and his personal experience of being bullied. Drawing on his experience and of others he discusses the forms that bullying takes and how bullies bully. He talks about resisting bullying, what he think needs to be done to improve prevention of bullying and of protection against it, and how pe

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### Featured Guests



#### Craig Lewis

Craig Lewis is a Certified Peer Specialist living in Massachusetts. He has struggled immensely throughout his life. He has however successfully transformed this into a life of wellness. He tours internationally, speaking about his lived experience and offering workshops, sharing his knowledge with others, in hopes of having an empowering impact on his community. Having the privilege and honor of being able to help others live more satisfying lives, provides him with a degree of meaning and purpose that he never believed possible. He has authored and published the coping skills guide, 'Better Days – A Mental Health Recovery Workbook'. He based the Better Days workbook on his personal life and

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#### Jessie Lyons

Jessie Lyons is Associate Director of Green Dot, etc. Jessie holds a Master of Arts in Gender Studies from the University of Louisville. She specializes in training, curriculum development and bridging theory to practice in violence prevention strategies. Prior to joining the Green Dot, etc. team, she worked at the community level developing prevention strategy, training professionals, and consulting with community organizations toward measurable reductions in partner, sexual, and stalking violence. Jessie began her career in direct service settings, working with adolescent and adult survivors of child abuse, intimate partner violence and sexual assault.

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