

**FREE TRAINING**

# **His Story: A Journey Through the Foster Care System, Prison and Overcoming PTSD**

**By: Matt Doughty**

Doughty's Inspirational Training, Inc.

Matt is a Firefighter Lieutenant, PTSD Survivor and Founder of [www.firefighterswithptsd.org](http://www.firefighterswithptsd.org).

**Date:** Friday, April 20, 2018 **Time:** 10:00am – 12:00pm

**Location:** Monticello Community Center - South Mississippi Room  
505 Walnut Street, Monticello, MN 55362

- Matt Doughty was abused and badly burned intentionally by his birth mother at the age of five. He was removed from his mother's custody and spent years in and out of foster care homes, juvenile placements, jails and prisons.
- During this presentation, Matt will emphasize the power of choice and its consequences while offering tangible solutions to help people overcome their past while regaining control of the present.

Please join us for this training! This training is intended for those living with mental health challenges, providers, family members, and community members.

RSVP by emailing [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us) as seating is limited.

*A Certificate of Attendance will be provided for CEUs*

Training is presented by:



**Adult Mental Health Initiative**

*Benton, Sherburne, Stearns, Wright Counties*

Please visit us at [www.mnmentalhealth.org](http://www.mnmentalhealth.org) to sign up for future trainings and announcements.