



SCHIZOPHRENIA SOCIETY OF ALBERTA

I would like to introduce you to my inspiring friend Diana Dowson. The Schizophrenia Society of Alberta has been instrumental in her recovery journey.

Twenty years ago, when Diana was twenty-two, she at times lived on the streets. She was down in the dumps. She was a drug addict, an alcoholic, and a heavy smoker. After a forced hospitalization, she learned she had schizophrenia. With great effort Diana gave up all her addictions. With a healthy frame of mind, she found her way to the Schizophrenia Society of Alberta.



At the Schizophrenia Society Diana found her voice. With a personality that pops she tells her life story. She talks about her addictions and how hard it is to live with schizophrenia. With confidence and sincerity, she shares her story with nursing students, mental health patients and mostly high school students in their Calm classes.

She deserves a badge of courage for being so direct and honest. She is genuinely interested in her audience and they have lots of questions that she answers truthfully and thoughtfully. She loves to share. Diana sits down in her presentations, so she can look at every student in their eyes. She knows she is successful at reaching her audience when someone comes to her after her speech and says "I think I have schizophrenia" or "I'm no longer afraid of people with schizophrenia"!

Diana is definitely changing the world one classroom at a time!

Thank you,
Kathy Loveday