

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on **February 22, 2018** for our first Recovery & Empowerment Statewide Call for 2018! Our theme this year is "**Discovering Wellness Within!**" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "**Realizing Our Power to Bounce Back!**"

Individuals are welcome to dial in from a personal phone or from home. However, if dialing in from an agency or other organization, to help reduce the cost, please gather and dial-in together. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

ABOUT THIS MONTH'S CALL:

DATE: February 22, 2018

TIME: 10:00am - 11:00am [Note: The length of the calls has been changed to one hour]

TOPIC: Realizing Our Power to Bounce Back

OBJECTIVES: **Participants will learn:** How to remain recovery-focused, even in challenging times; how to focus on one step at a time; how to remain calm wherever we are; how to balance our lives through helping others; how to turn negative thoughts into positive ones.

DIAL-IN NUMBER: **(800) 553-0273** [Note: New number for **2018**]

ACCESS CODE: **(None Required)**

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Pat Hayes, Christine Elvidge & Jimmy Begley

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: These calls have been held monthly since 2007, and were formerly known as "consumer education and support statewide call-ins."

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

ABOUT STAFF PARTICIPATION:

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.