

The Illinois Department of Human Services, Division of Mental Health – Recovery Services Development Group (RSDG) is pleased to announce the theme and topics for the next Recovery & Empowerment Statewide Call Series: **"Bringing Balance into Our Lives!"**

The RSDG would like to thank all those who submitted topic ideas and suggestions. The dates and topics for the calls are listed below and can also be found on the attached flyer.

An announcement will be sent via Communication Alert three weeks prior to each call, including the dial-in number and all associated handouts. We look forward to your participation in next year's educational series!

January 24:	Caring for Our Whole Health
February 28:	Unlocking Our Hidden Talents
March 28:	Springing Forward to Hope
April 25:	Growing Beyond the Pain of the Past
May 23:	Standing Tall in the Face of Bullying
June 27:	Growing through Grief and Loss
July 25:	Building Meaningful Connections
August 22:	Giving Ourselves a Break
September 26:	Regaining Power through Change
October 24:	Living Well on a Shoestring Budget