

IDHS/DMH Recovery & Empowerment Statewide Calls

2020 VISION FOR OURSELVES



Please mark your calendars now for the
2020 Recovery & Empowerment Statewide Calls

***Calls are held on the 4th Thursday of each month
(except November and December)***

From 10:00 a.m. - 11:00 a.m.

Call-In Number: 1-844-867-6167

Access Code: 4360050

- January 23: Seeing and Appreciating Diversity
- February 27: Seeing Is Believing in Ourselves
- March 26: Recognizing Our Voices Matter
- April 23: Finding Supportive Friendships
- May 28: Realizing the Impact We Have on Our Lives
- June 25: Searching for Answers to Life's Changes
- July 23: Envisioning Wellness in Our Careers
- August 27: Shifting our Outlook
- September 24: Finding the Positives in Our Challenges
- October 22: Seeking a Healthy Lifestyle