

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on **February 23, 2017** for our next Recovery & Empowerment Statewide Call for 2017! Our theme this year is **"Finding What Works for Your Wellness!"** These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is **"Discover Your Strength to Heal!"**

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 23, 2017

TIME: 10:00am - 11:30am [Note: Please dial in no earlier than 9:45am, per audio-conferencing regulations]

TOPIC: Discover Your Strength to Heal!

OBJECTIVES: Participants will learn about: Getting well after abuse like healing after a wound; Dealing with abusive relationships; Types of trauma; Understanding PTSD, acute or complex; What's the definition of normal? What's normal for me may not be normal outside my home; Forgiveness of ourselves and others; and Creative coping tools for dealing with trauma.

DIAL-IN NUMBER: **1-800-553-0273 [note: new number for 2017]**

ACCESS CODE: **(None Required)**

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Pat Lindquist, Wayne Beyer and Trenda Hedges

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.

