

## **IDHS/DMH Recovery & Empowerment Statewide Calls**

### **Bringing Balance into Our Lives**



***Please mark your calendars now for the  
2019 Recovery & Empowerment Statewide Calls***

***Calls are held on the 4<sup>th</sup> Thursday of each month (except November and December).  
From 10:00am-11:00am. Call-In Number: (800)230-1059. No password required.***

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|---------------|---------------------------------------|
| 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    |