

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on April 25, 2019 for our next [Recovery & Empowerment Statewide Call](#) for 2019! Our theme this year is "Bringing Balance into Our Lives!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Growing Beyond the Pain of the Past"

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: April 25, 2019

TIME: 10:00am - 11:00am

TOPIC: Growing Beyond the Pain of the Past

OBJECTIVES: Participants will learn: How to let go of the pain of the past (forgiveness) and cling to the hope of the future; how to recognize experiences that may have been traumatic; how to live life despite traumatic pain endurance; how to change & accept a more positive identity to help facilitate change in recovery from mental illness, especially after trauma; how to help others understand our trauma

DIAL-IN NUMBER: (800) 230=1059

ACCESS CODE: (None Required)

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Pat Lindquist, Kathryn Dittimore, and Suzanne Favors

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.

HANDOUTS:

The following materials for the 4/25/19 call are attached:

- Growing Beyond the Pain of the Past
(PowerPoint slides in pdf document - 6 slides to a page)
- Evaluation Form
- Sign-In Sheet
- 2019 Statewide Call Flyer

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.
