
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on February 27, 2020 for our [Recovery & Empowerment Statewide Call](#) for 2020! Our theme this year is "2020 Vision for Ourselves!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Seeing is Believing in Ourselves!"

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 27, 2020

TIME: 10:00am - 11:00am

TOPIC: Seeing is Believing in Ourselves

OBJECTIVES: Participants will learn: The definition of self-compassion; tools and tips to have more compassion for ourselves; How to see ourselves clearly; and how to give ourselves credit for achievements

DIAL-IN NUMBER: 1-844-867-6167 [Note: New number and access code required for 2020]

ACCESS CODE: 4360050

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Cindy Mayhew, Wayne Beyer and Carl

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 2/27/20 call are attached:

- Seeing is Believing in Ourselves
(PowerPoint slides in pdf document - 6 slides to a page)
- Handout: Mindful Self-Compassion
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- 2020 Statewide Call Flyer
- Feb. 27 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.
