

IDHS/DMH Recovery & Empowerment Statewide Calls

**Discovering Wellness Within**



*Please mark your calendars now for the  
2018 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) 932-1100. No password required.*

- January 25: Stories of Encountering & Overcoming Obstacles
- February 22: Realizing Our Power to Bounce Back
- March 22: Discovering the Giving & Receiving of Support
- April 26: Recognizing Learning Opportunities
- May 24: Identifying Personal Steps to Move Forward
- June 28: Locating Resources to Enhance Our Wellness
- July 26: Opening Up to Who We Are
- August 23: Communicating Effectively About Things that Matter to Us
- September 27: Finding Hope Within
- October 25: Exploring Our Spirituality