
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on August 22, 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 "Giving Ourselves a Break"

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 MONTHS CALL:

DATE: August 22, 2019

TIME: 10:00am - 11:00am

TOPIC: Giving Ourselves a Break

OBJECTIVES: Participants will learn: How to learn to be your own best friend; how to use mindfulness to improve mental health; how to organize a disorganized mind; how to cope with overwhelming society and politics; and how to embrace all of yourself.

DIAL-IN NUMBER: (800) 230-1059

ACCESS CODE: (None Required)

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Tom Troe, Rhonda Keck, and Dina Billingsly

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 8/22/19 call are attached:

- Giving Ourselves a Break
(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.
