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RECOVERY & EMPOWERMENT STATEWIDE CALL:  
RECOVERY IN MOTION!

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Please plan to join on October 23, 2014 for our last 2014 Recovery & Empowerment Statewide Call! Our theme this year has been "Recovery in Motion." These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Forgiving Ourselves and Others".

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: October 23, 2014

TIME: 10:00am - 11:30am [Note: Please dial in no earlier than 9:45am, per audio-conferencing regulations]

TOPIC: Forgiving Ourselves and Others!

OBJECTIVES: Participants will learn: we always have a choice as to how we respond to others; wellness tools can help us reduce the impact of being bullied & maintain a positive perspective; what it means to treat people with civility; & three types of forgiveness.

DIAL-IN NUMBER: 1-800-98-9386

ACCESS CODE: **(None Required)**

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Judy Hutchinson & Darlene McGary

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 10/23/14 Call are attached:

- 1) Forgiving Ourselves and Others  
(PowerPoint slides in pdf document - 6 slides to a page)
- 2) Evaluation Form
- 3) Sign-In Sheet
- 4) CEU Information

#### 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.

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