

IDHS/DMH Recovery & Empowerment Statewide Calls

2021 PLANTING THE SEEDS OF WELLNESS



***Please mark your calendars now for the
2021 Recovery & Empowerment Statewide Calls***

***Calls are held on the 4th Thursday of each month
(except November and December)***

From 10:00 a.m. - 11:00 a.m.

Call-In Number: 1-844-867-6167

Access Code: 4360050

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| January 28: | Using Laughter and Other Tools to Make Ourselves Happy |
| February 25: | Diversity: Together We Can Do Great Things |
| March 25: | Maintaining Wellness Through Clear Boundaries |
| April 22: | How Words Influence Our Outcomes |
| May 27: | The Power of Kindness and Gratitude |
| June 24: | Put Our Lived Experience to Work |
| July 22: | Thriving During Stressful Times |
| August 26: | Linking Our Physical and Mental Health |
| September 23: | We Are the Experts on Ourselves |
| October 28: | Spirituality is More Than Religion |