

IDHS/DMH Recovery & Empowerment Statewide Calls

**Finding What Works for Your Wellness**



*Please mark your calendars now for the  
2017 Recovery & Empowerment Statewide Calls*

*Calls are held on the 4<sup>th</sup> Thursday of each month (except November and December).  
From 10:00am-11:30am. Call-In Number: (800) 553-0273. No password required.*

- January 26: Enrich Your Life Through Work & All That!
- February 23: Discover Your Strength To Heal!
- March 23: Spark Your Power Of Knowledge & Creativity!
- April 27: Nurture Your Emotional Self!
- May 25: Create Comfort In Your Environment!
- June 22: Spirituality, Community & You!
- July 27: It's All About Relationships!
- August 24: Budget for Your Personal & Financial Success!
- September 28: You Can Conquer The Challenge Of Change!
- October 26: Nurture Your Physical Self!