

Paying It Forward

Peer Support Group
FREE

Monthly meeting of adults looking for fundamentals of mental health recovery.

Third Wednesday each month
Illinois Valley Community Hospital
(Fourth Floor Conference Room C)

Mental Health Recovery Fundamentals:

1. Support - understanding we are not alone
2. Hope - we all share hope in recovery
3. Self Advocacy- we have a right to advocate for our needs and desires
4. Personal Responsibility - We have the power to be responsible for ourselves
5. Education - we share what we have learned
6. Spirituality - we have the need to believe in a higher power

Questions

Please call

Steve at 815-343-2049