

Paying It Forward

Peer Support Group
FREE

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

First Wednesday each month
Ottawa Regional Hospital
(cafeteria)

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