

Faith, Hope and Recovery

LIFE skills for people with mood disorders, their families and friends

Recovery is best achieved when we are in the company of peers who have faith in us and who support us in our pursuit of a full life beyond a mental health diagnosis.

Recovery from mental illness usually involves a medical diagnosis, medication, therapy and a support group. What is oftentimes missing is faith and hope.

Faith, Hope and Recovery groups are peer-led and skills-based. They engage faith and hope as foundational to the recovery process. The groups will explore what it means to have faith as the participants come to understand it on their own terms. The groups develop a sense of community as an important part of a healthy recovery.

- People of **all faiths** or with **no faith** are welcome.
- We will learn skills that strengthen our ability to be more hopeful.
- All are invited to discuss questions of faith as they pertain to mental illness.
- A sense of community and belonging grows and is another strong support in recovery.

Day & Time: The 3rd Tues. of each month, 7:00-8:30pm

Location: Kenilworth Union Church
211 Kenilworth Avenue
Kenilworth, Illinois 60043

For more information: call **Rev. Kathy Dale McNair** at **847-989-1989**
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