








LAWNDALE CHRISTIAN
HEALTH CENTER
Loving God. Loving People.

RECOVERY COMMUNITY GROUPS

WHEN: 9:00-10:00am

WHERE: The Gallery (3824 W Ogden Ave)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seeking Safety</p>  <p>If you notice that memories for traumatic or difficult things from the past are affecting you in the present, this group would be a great fit for you.</p>	<p>Taking Action</p>  <p>If you notice that feelings of anger, sadness or anxiety are often affecting your recovery experience, this group would be a good environment for you to foster healing and growth.</p>	<p>Transformation</p>  <p>If you are actively making changes in your life or have been thinking about it, this group is a great place to express that journey and meet other people that will help you move forward in recovery.</p>	<p>Art Therapy</p>  <p>If you find it encouraging and motivating to share your experiences with recovery, or if you want to be able to share your story and your perspective, this group is a great place to express this and grow in community.</p>	<p>Healthy Habits</p>  <p>If using substances has been one of your main ways to handle painful or intense emotions in the past, this group is a great place to develop intentional habits that set you up to use healthier strategies in the future.</p>

WALK-IN'S WELCOMED!

Recovery Community offers behavioral health groups for anyone who is in the process of recovery from heroin or opioid addiction. New patients are encouraged to walk-in to Recovery Community at 8:45am. After participating in a therapy group, you will have a brief visit with a counselor and receive a same-day appointment with a medical provider to start medication (like Suboxone or Vivitrol) for Opioid Use Disorder, if desired.

We are following every COVID-19 protocol to ensure your safety. Masks are required and will be provided. COVID-19 screening questions will be taken prior to participation. These services are funded in part through a State Opioid Response Grant (T1083278) to the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



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RECOVERY COMMUNITY ACTIVITIES

WHEN: 10:15-11:00am

WHERE: The Gallery (3824 W Ogden Ave)

Activities rotate monthly and may include:

Physical Fitness at LCFC
Book Club
Aromatherapy
Computer Literacy
Song Writing
Narcan/Naloxone Training
Vision Boards
Mental Health First Aid Training
No-Heat Baking
Photography
Horticultural Therapy
Documentary Screening
Storytelling
Mindfulness Meditation
Volunteer and Advocacy
Faith and Spirituality
Improv
Ceramics





Social Work Support is available in Recovery Community! Resources include:

- Help applying for a state ID, birth certificate, Social Security card, stimulus check, government cell phone, SNAP/LINK, cash assistance, TANF, and Medicaid benefits
- Linking to community resources like food pantries, hot meals, clothing, coat vouchers, 12-step groups/peer support groups
- Completing housing applications, finding emergency housing options, identifying shelter locations, and completing CES assessment if you are experiencing homelessness
- Finding employment opportunities and providing workforce training like resume writing, filling out applications, and interview prep
- Help with legal justice involvement, including advocacy to your parole or probation officer or support if you want to get your record expunged or sealed
- Help getting transportation to come to Recovery Community through your insurance benefits or applying for a free ride bus card if you're a person with disabilities
- Scheduling new and follow-up appointments with your doctor
- Money management and budgeting for your needs