



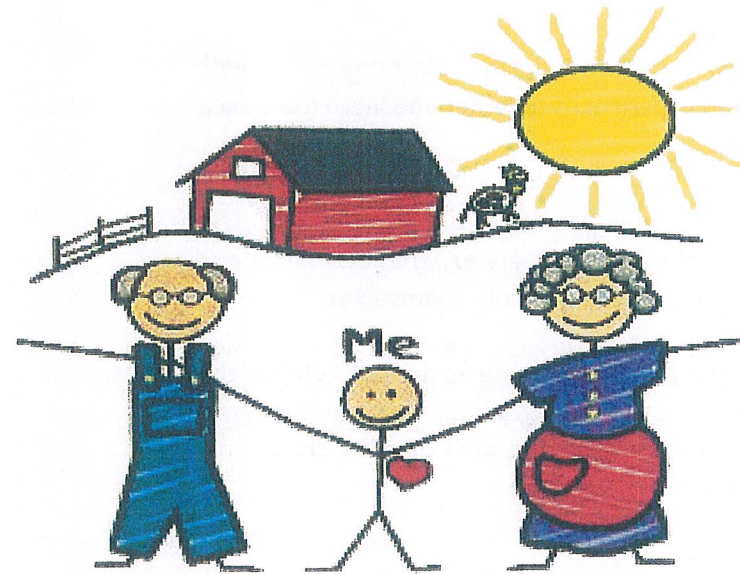
Support Groups

- * Provides education on a variety of topics
- * Work on safety planning
- * Are culturally sensitive
- * Empowers Members
- * Provides Emotional Support
- * Provides opportunities to teach and learn from each other
- * Develop Cohesiveness
- * Provides a safe place to vent feelings
- * Teach new ways to deal with old feelings

RSVP is required so that enough food can be prepared.

Please call Lori Manker at 217-416-4160
for information

Or by sending an email message to
lorim@macmhc.org
by noon the day of the meeting.



Relatives & Grandparent Raising Children Support Group

A safe and caring
environment to share experiences
and gain support.

Let's explore the options!

Support groups are designed to bring people with shared experiences together and learn from each other.

Support groups provide support not therapy. They allow individuals to share experience, build friendships and gain knowledge about themselves.

The group provides a safe environment in which individuals can share their feelings and learn that they are not responsible for other people's choices or behavior.

How does a support group benefit those who attend?

- * Provides an accepting place to share experiences and gain support
- * Individuals learn that they are not alone, and that they are not to blame for other peoples actions or choices
- * Encourages and empowers individuals to make healthy choices to improve their lives and the children that they care for.
- * Provides support that can reach beyond the group and can create relationships that can last a lifetime.

Other Important Information

- ** The support group is free of charge
- ** Information shared with the group is Confidential
- ** A meal is provided for the adults and children attending the group.
- ** Supervised activities for the children attending.

The groups meet monthly from September thru June

Jacksonville Support Group	Carlinsville Support Group
Meets at Passavant Hospital 1600 W. Walnut Street Jacksonville Meeting Room 4	Meets at Locust Street Resource Center 320 S. Locust Street Carlinsville
6:00pm to 8:00pm <u>1st Tuesday of the Month</u>	5:30pm to 7:30pm <u>2nd Monday of the Month</u>

A light meal is provided for the adults & children attending the group
Followed by a Open Discussion or a Topic for the Adults & Supervised Activities for the Children.

RSVP is required so that enough food can be prepared.

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for information
& to RSVP**

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