



CREATING INCREASED CONNECTIONS

VIRTUAL MUTUAL AID GROUPS

Circle of Hope

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes a challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

Wednesday's 1:00PM-2:30PM
Thursday's 10:30AM-12:00PM

Zoom Link:
<https://us02web.zoom.us/j/86798393823>
Meeting ID: 867 9839 3823
Dial in:
1-301-715-8592

Thursday's 10:30AM-12:00PM
In Person Option
Hopeworx
1210 Stanbridge St #600,
Norristown, PA 19401

Alternatives to Suicide

Alternatives to Suicide groups are intended as non-judgmental confidential spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions. Support to openly explore these thoughts and the feelings and experiences underneath them is often the key to moving toward something different.

Tuesdays 12:00PM-1:30PM

Zoom Link:
<https://us02web.zoom.us/j/86161479674>
Meeting ID: 861 6147 9674
Passcode: 148161
Dial in:
1-312-626-6799

Questions Contact:
Shelia Hall-Prioleau
215-906-0453

Shelia.HallPrioleau@RHD.org
<https://www.ciconnections.org/>

Facebook: Creating Increased Connections



Creating Increased Connections
A program of Resources for Human Development

A decorative border of colorful hands in various colors (blue, yellow, red, green, pink, orange) arranged in a circular pattern around the edges of the page.

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Young Peoples' Hearing Voices Group

The Young People's Hearing Voices Group is a safe space for teens and young adults who have the experience of hearing, seeing, or sensing things not perceived by others. It's a place to talk and find personal meaning in our experiences.

Tuesday's
6:00PM-7:30PM

Zoom Link:

<https://us02web.zoom.us/j/84853101167>

Meeting ID: 848 5310 1167

Dial in:

1-312-626-6799

Taking Back Our Power

Taking Back Our Power hearing voices groups are open to anyone with the experience of hearing voices, or other sensory phenomena not shared by others. We offer a non-clinical, non-judgmental environment for free and open discussion away from traditional psychiatric treatment.

Monday's 3:00PM- 4:30PM
Tuesday's 3:00PM-4:30PM
Wednesday's 3:00PM-4:30PM

Zoom Link:

<https://us02web.zoom.us/j/85399542179>

Meeting ID: 853 9954

Dial in:

1 646 558 8656

Fun Day Friday

Fun activities and games to end the week with. Different games and activities each week. A place to laugh and socialize with peers.

Friday's 12:00PM-1:30PM

Zoom Link:

<https://us02web.zoom.us/j/99810950596>

Meeting ID: 998 1095 0596

Dial in:

1-646-558-8656

August

Fun Day Friday Groups:

8/6 Grab Bag
8/13 Jeopardy
8/20 Trivia
8/27 Scatagories

For up to date groups go to
<https://www.ciconnections.org/>