



CREATING INCREASED CONNECTIONS (CIC) GROUPS



Creating Increased Connections
A program of Resources for Human Development

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 and challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

THURSDAYS
1:00PM-2:00PM
Trinity Reformed Church
60 N. Hanover St
Pottstown, PA 19464

WEDNESDAYS
10:00AM-11:30AM
Willow Grove Baptist Church
3600 Welsh Rd
Willow Grove, PA 19090

THURSDAYS
10:30AM-12:00PM
Hopeworx
1210 Stanbridge St #600,
Norristown, PA 19401

TAKING BACK OUR POWER

Taking Back Our Power is a peer support group for individuals with lived experience of sensory phenomena (like hearing things others don't hear) and unusual beliefs

TUESDAYS
2:30PM-4:00PM
Bryn Mawr Presbyterian Church
625 Montgomery Ave
Bryn Mawr, PA 19010

MONDAYS
3:00PM-4:30PM
Haws Avenue United Methodist Church
800 W Marshall St
Norristown, PA 19401

LIVE ANOTHER DAY

TUESDAYS
12:30PM-1:45PM

Lansdale Library
301 Vine St
Lansdale, PA 19446

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

COMPAÑEROS (AS) CON VALOR Y EXITO

CIC se enorgullece de ofrecer nuestro grupo de discusión Compañeros Con Valor y Exito. Únase con nosotros para un conversación animada sobre cómo nos sentimos, nuestros éxitos y desafíos, su recuperación y cómo mantenemos nuestro bienestar. Todo lo que se dice en grupo es confidencial y todos son bienvenidos.

Pronto

WOMENS IDENTITY AND EXPERIENCES GROUP

This group was created for women as a safe environment to voice & openly share our life stories as women & to empower ourselves to find greater meaning & purpose in life.

WEDNESDAYS
3:00PM-4:30PM

[Zoom Link](https://rhd.zoom.us/j/83638683076)
<https://rhd.zoom.us/j/83638683076>

For more information Contact Sheila.HallPrioleau@RHD.org 215-906-0453
www.ciconnections.org