

# RECOVERY Group

**Identify and set goals** to begin and maintain a life in recovery. This 13-week evidence-based series helps you set goals that are important to you.

## Some topics:



- Reducing relapses
- Managing stress
- Coping with problems and symptoms
- Getting your needs met in the mental health system

This training is led by someone who has been through the recovery process and uses the SAMHSA Illness Management and Recovery Workbook. Contact Customer Services at the number below or visit [www.genhs.org/consumergroups](http://www.genhs.org/consumergroups) to sign up.



**Call 810-257-3705**  
TTY 810-257-1346

**GHS** Genesee  
**HEALTH SYSTEM**  
*Hope and health in the community*

Customer Services: 810-257-3705 or TTY 810-257-1346  
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**24/7 Crisis Line: 810-257-3740** • [www.genhs.org](http://www.genhs.org)