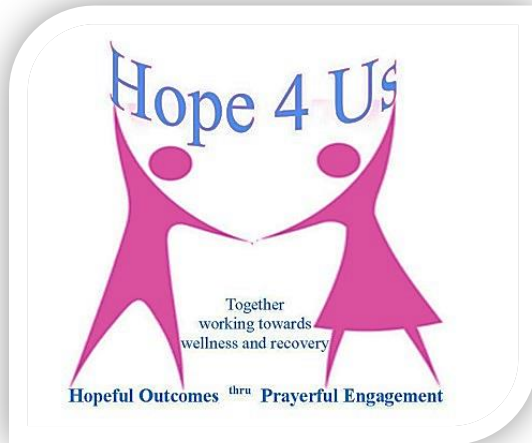


Hope4Us

Our Purpose: To promote wellness and sustain recovery thru healing outcomes, prayer and engagement.



Hope4Us is a new Christian faith-based peer-to-peer support group for anyone in the community who wants to improve their mental health and work towards wellness and recovery. This includes people who live with mental illness and those who are supporting a family member living with mental illness. We believe recovery is for everyone. Each of us will experience mental health issues in our lifetime—depression, bi-polar, anxiety, post-traumatic stress, and mental disabilities.

Hope4Us seeks to Hope, Talk, Empower, Engage, and Pray creating a safe place which serves everyday ordinary people help each other towards recovery—professionals and domestic professionals, people in transition or students. ***All are welcome—adults 18 and older.***

Wellness is holistic and attempts to foster a balance of: Spiritual, physical, emotional, intellectual, occupational, social and environmental dimensions.

Hope4Us begins January 2015

When: 2nd and 4th Wednesdays of every month

Time: 6:00 pm – 8:00 pm

Where:

**Christ the King Lutheran Church
50 Nutt Road, Centerville, OH 45458**

Check us out: Hope4Ussupport.org

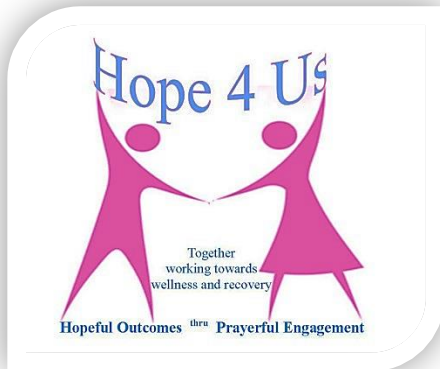


**Contact: Greg Darling and Rev. Dona Johnson
@ 937-885-5785**

Wellness and Recovery Ministry of The Southern Ohio Synod. ELCA

Program Format

- 1. 6:00 pm** Gather: refreshments and guest speaker
- 2. 6:45 pm** Worship: prayer song and message
- 3. 7:00 pm** Small group: peer-to-peer breakout sessions



Gather: We will gather together in one large group to learn about topics on wellness. Once a month a guest speaker we bring a topic to the group. Our co-facilitators will also bring learnings to the group. In recovery, we learn that for any recovery process to be effective, each of us must learn how to be a student of the work.

Worship: Worship, song and prayer will bring God into the center of our recovery work as we transition into peer-to-peer work in small groups. All are welcome to worship...no matter where you are in your faith or denomination!

Small Groups: Break-out sessions is where we begin peer-to-peer work. Your small group co-facilitators will be Greg Darling and Rev. Dona Johnson. In small group[s] we will check-in with each other, establish our boundaries with each and share from our own personal stories where we are, joys, challenges and milestones in recovery. We will also pray for one another. The small group portion of the program will be confidential. Nothing in the group can be shared outside the group.