



# 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

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

## LIVE ANOTHER DAY

**TUESDAYS**  
**12:30PM-1:45PM**

*Beginning March 26th*  
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](mailto:Sheila.HallPrioleau@RHD.org) 215-906-0453  
[www.ciconnections.org](http://www.ciconnections.org)