



Creating Increased Connections
A program of Resources for Human Development

CREATING INCREASED CONNECTIONS (CIC) GROUPS



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

BEGINING MONDAY, AUGUST 12TH

MONDAYS

3:00PM-4:00PM

Hopeworx

1210 Stanbridge St #600, Norristown, PA 19401

TUESDAYS 2:30PM-4:00PM

Bryn Mawr Presbyterian Church
625 Montgomery Ave
Bryn Mawr, PA 19010

THURSDAYS 1:00PM-2:00PM
Trinity Reformed Church

60 N. Hanover St
Pottstown, PA 19464

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.

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

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