

HLM RECOVERY 180 2023

COMMUNITY OUTREACH PLAN

CELEBRATE FAMILIES WALKATHON JUNE 2023

HLM Recovery 180 is hosting its first annual Celebrate Families Walkathon. It is the mission of Heartlife Ministries to make connections that help the entire family, which in turn will help the entire community. Celebrate Families is a workshop that will be offered in June to offer tangible coping mechanisms for dealing with a family member that suffers with addiction. This walkathon will bring families of all different types, ages, and stages together to walk and be empowered to continue to press for recovery. It is the representation that recovery is a journey, not a destination, and it's important to know you are not alone. Join us as we raise awareness for the Celebrate Families workshop and make lasting connections with families in the community. We will partner with local businesses to donate and promote the Walkathon and raise funds.

MEMBERS RESPONSIBLE: JENNY G, RUBY P. AND KRISTEN D

TARGET: COMMUNITY CENTERS, SCHOOLS,

MOVIE IN MIND JULY 2023

Movie N Mind is a community Outreach program for our youth targeted specifically to highlight the importance of socializing and reminding our youth that they are not alone. We watch a thought filled movie that highlights areas of mental health and development. The stakeholders involved in this is youth groups at local churches. There is eating, socializing, movie, discussion, and connection. The most important part of the forum is the open conversation at the end.

MEMBERS RESPONSIBLE: ALL

TARGET :SCHOOLS, LOCAL CHURCHES

LOVE AND GRIEF CARE EVERY 3RD TUESDAY 7-8PM

Love and Grief Care is a community centered program that offer a place for people to come while experiencing their grief. There are many different kinds of grief, and many different stages. No matter what age, stage, or kind of grief, this monthly meet up is for you. The plan is to reach out to highschool, community centers and local funeral homes and drop off a flier that shows the date, time and zoom link of the love and grief care. We will continue to show up at the events hosted in the community to show that we are here. As we get more acquainted, we will ask stakeholders who are open to be speakers at the Love and Grief Care. It is hosted virtually every Tuesday of the Month

MEMBERS RESPONSIBLE: KRISTEN DEAN, JENNY G

TARGET: AA, ALANON, FUNERAL HOMES, SCHOOLS, LOCAL CHURCHES

FOR MORE INFORMATION VISIT [HTTPS://WWW.HLMRECOVERY.COM/](https://www.hlmrecovery.com/)

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CELEBRATE FAMILIES :JUNE 10, 2023

The Celebrating Families!™ curriculum is an evidence based cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. Celebrating Families!™ works with every member of the family, from ages 3 through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification. Celebrating Families!™ fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills. If you know a family who would benefit from this curriculum, please don't be shy to share. Our team has 20 plus years of experience and has been certified to walk families through this program. We will be hosting classes in Frankfort IL.

MEMBERS RESPONSIBLE: JENNY G, RUBY P. AND KRISTEN D

TARGET: COMMUNITY CENTERS, SCHOOLS, LIBRARIES, AA, ALANON

SHOW UP RECOVERY: ALL YEAR

HLM Recovery 180 plans to show up wherever there is an event centered around mental health, SAD, homelessness and unemployment. It is vital that we make ourselves available to the community as a resource to other resources. There is no better way to do that than to SHOW UP. This initiative has been created in hopes to empower our council members to stay committed to showing up wherever we can.

**MEMBERS RESPONSIBLE: NEESHA STRINGFELLOW,
TARCIA LEAK**

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