

# Return to *Hope*

Co-Occurring Family Education

## What is **Return to** *Hope*?

### **Personal & Independent Recovery**

"To empower community members impacted by co-occurring diagnoses to achieve lifelong, **Personal and Independent Recovery** of mind, body and spirit through education, support, advocacy and stigma reduction."

An eight-week, hope filled educational and support curriculum for family members and friends of individuals suffering with co-occurring diagnosis.

Free and confidential | Held weekly for three hours | Developed and led by NAMI Lake County, OH Staff

| Focused education and support | Skill building related to empathy, communication, boundaries & self-care |

## When will **Return to** *Hope* be offered? How can I register to attend?

This 8-session program will be offered **Wednesdays, beginning January 22nd, 6:00 to 9:00 pm** via Zoom  
& in-person at the NAMI Lake County, OH office

To register visit [NAMILakeCountyOhio.org](http://NAMILakeCountyOhio.org) or contact  
Joanna Mannon, CDCA, Program Leader  
(440) 639-1200  
[joanna@namilake.org](mailto:joanna@namilake.org)

## What are participants saying about **Return to** *Hope*?

Participants consistently reported an increase in feelings of *hope, gratitude* and *trust*.

*"I have attended many groups and this class was the most helpful!"*

"Overall Value"



*"Strong content!"*



"Instructor allows for questions and answers them so *honestly* and *patiently*."

"The topics/subject matter were very **useful** and **practical**."