Save the Date!

The Self-Help Center Conference:

Meaningful Communication for Meaningful Connection

Friday, April 7, 2017
Hawthorne Suites, Champaign, IL

Keynote Speaker: Dr. Elaine Shpungin, Director of the UIUC Psychological Services Center

CEU’s will be available!

Good News- New Groups!

**Domestic Abuse Survivor Group** (2016 F,P)
This support group is for anyone experiencing domestic violence. Meets first and third Tuesday of the month. Please call or email for meeting times and location.

**Call:** 217-239-5346  
**Email:** swhalen@courageconnection.org  or  acurry@courageconnection.org

**Local Website:** courageconnection.org

**Impacted by Gun Violence Support Group** (2016 F,P/L)
This support group will provide a safe, supportive and compassionate environment for adults whose lives have been directly impacted by gun violence. Participants will have the opportunity to meet and bond with others with similar experiences and gain insight, information and resources to promote healthy grieving and healing.
Meets 1st Thursday, 6:30-8:00 p.m., Presence Covenant Medical Center (use main entrance, follow signs), 1400 W. Park St., Urbana.

**Call:** Donna Tanner-Harold (217) 351-2429

**United We Stand: A Post-Election Support Group** (2016 F,P)
This support group will allow individuals to come together in support and validation in the aftermath of the 2016 presidential election. Meets Sundays, 2:00p.m., 404 W. Green Street, Urbana.

**Call:** (217) 731-4638  
**Email:** info@msivleytherapy.com  
**Write:** Melanie Sivley, 404 W. Green St., Urbana.
*Kelli and Sarah wanted you to know that the **Better Breathers Club of Champaign-Urbana** will kick-off their meetings for this year on Tuesday, March 14, 1:00 p.m. – 2:30 p.m. at Presence Covenant Medical Center (PCMC), Suite B, 1400 W. Park, Urbana.

This meeting will be a general introduction to the group which is for people with chronic pulmonary disease and their family and friends. The group provides education and support to those living with lung disease that affects their daily quality of life. The group alternates meeting locations between PCMC and Carle.

For more information, please connect with Sarah Moore (217) 383-4558 or Kelli Morris (217) 337-2237.

*Avi wants to inform you about the activities that are coming up for the **PACE, Inc. Low Vision Groups:**

**East Central Illinois Low Vision Group (ECI):**

Wednesday, January 4, 1:30 – 3:30: “New Year and New Goals”. They say hindsight is 20/20 so let’s look back at 2016 and forward to 2017! Where do we go from here? Changes in Medicare and Medicaid, Policy, Practice, and Advocacy for yourself and your Low Vision Groups with PACE. More advances in technology and how to integrate them smoothly into our lives for contact, communication, and enjoying everyday living. And a sneak peek at the new items in Access Alley!! Location: PACE, Inc.

Wednesday, Feb. 1, 1:30 – 3:30: “Staying in Touch with Technology”. A heartfelt touch of technologies available spanning the Low Vision items such as Orcam My Eye (specialized) and Amazon Echo Alexa (public items) at PACE, new items in our Access Alley, and a review of Accessibility items on your phone, computer, and in your home. Continuing to keep in contact with an open heart Valentine’s Day and beyond. Location: PACE, Inc.

Wednesday, March 1, 1:30 – 3:30: “Review and Renewal”. Spring is in the air and we are taking steps to move forward in preparation for the outdoors and being active while dealing with Low Vision; Macular Degeneration, Cataracts, Diabetic Retinopathy and more. Review of basic information, updates, and breakthroughs. Energize both body and soul. Let’s learn what’s new and what we can do! Location: PACE, Inc.

**Windsor of Savoy Low Vision Group (WOS):**

Friday, March 3, 10:30 a.m. – noon: “Mint Juleps with a Twist of Technology on the Side, Please”. A Review of new information on Macular Degeneration, Cataracts, Diabetic Retinopathy and more. Discussion of changes in Medicare and Medicaid and how they have effect you. Touching Technology; terminology, applications, and accessibility. Your Use -- Connection and Independence. Information and display of some new items available at Access Alley.

For more information about any of the above groups please connect with Avi Laird at 217-344-5433.
**Announcements and Events**

*Evelyn from the Champaign Public Library sends word of a special event:

**An Evening with David Sheff**


Evelyn notes that this talk will kick off a wellness series with the following calendar of events:

**Here's to Health: Mind & Body Wellness**
- Jan 23, An Evening with David Sheff, Author of "Beautiful Boy" and "Clean," 7 pm
- Jan 24, Community Talks: How to Deal with Trauma, Douglass Branch Library, 6 pm
- Feb 7, Book Discussion: "Beautiful Boy" by David Sheff, 7 pm
- Feb 21, The Mystery of Pain with Douglas Nelson (Bodywork Associates founder), 7 pm
- Mar 28, Mindfulness In the Classroom and Your Life, 7 pm
- Apr 11, Joint Book Discussion: Table Talk & Cover-to-Cover Book Clubs: "Before I Forget: Hope, Help, and Acceptance in our Fight Against Alzheimer’s" by B. Smith & Dan Gasby, Douglass Branch Library, 6:30 pm
- Apr 25, An Introduction to Seated Yoga with Steve Willette (Living Yoga), 7 pm
- Jun 6, Fit & Fabulous six-week summer series starts, 10 am

Evelyn adds, “Sheff's talk in January will be a special opportunity for networking with other advocates and providers and for raising the conversation locally about these important topics of addiction, recovery, mental health, and access to resources, especially for youth in our community.”

*Sara from Courage Connection wants you to know that the:

**Champaign Continuum of Care is seeking volunteers for the Point-In-Time (PIT) Count!**

“This is a nationwide count of the country’s homeless population. These numbers are used to track progress in homeless efforts, and theoretically informs policy decisions at all levels of government. It always happens one night in the last week of January. This year it will be happening on the night of January 26th from 5:00pm to 8:00pm. It will only take about 3 hours of that night. You will be trained on how to fill out the survey form, and then with a group, travel to places where homeless people are known to stay in order to complete the survey with them. This is an excellent way to get a view of the bigger picture of homelessness in our community, meet people from other service providers, and to directly contribute to efforts to end homelessness at the community level.

Please consider volunteering with us and invite friends to be a part of this. Dinner will be provided on that night. As a community, we can work together to fight homelessness. The Continuum’s goal is to work toward ending homelessness through prevention, speedy intervention, and affordable housing initiatives.”

If interested, please connect with Sara at [swhalen@courageconnection.org](mailto:swhalen@courageconnection.org) or 217-239-5346 with your name, phone number and email address.
Family Service is a 2017 Christie Clinic IL Marathon Charity Running Partner!
Are you or someone you know planning to participate in one of the nine 2017 Christie Clinic Illinois Marathon events?

You can make a powerful difference for others by running, wheeling, or walking for Family Service to change lives!

Contact Terry Goode at tgoode@familyservicecc.org or 217-352-0099

She will give you a discount code and instructions so you can register for any race at a discounted rate.

Then sign up as one of our team members on the Family Service page (www.famservcc.org) by clicking on the “Go” button beside “Become a Fundraiser” at the page left.

You will also see how you can make a difference for thousands of people locally.

Forward our link to your friends and family via text, email, or Facebook and invite them to sponsor you in the race. Sponsors can even post a message cheering you on and encouraging others to join. It’s really fun!

Join our team today and race to win twice!

Send us your news!

We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming event or anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you’d like to share about your group.
Contact SHC Coordinator Loralea Liss by phone at (217) 352-0099, ext. 144, or e-mail: lliss@familyservicecc.org
Self-Help Center, 405 S. State St., Champaign, IL 61820
Website: selfhelp.famservcc.org

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