

## What We Value

- ♦ Hope
- ♦ Person-centered
- ♦ Trauma-informed
- ♦ Mutual peer support
- ♦ Strength-based
- ♦ Choice and personal responsibility
- ♦ Personal storytelling
- ♦ Community participation



## Our Purpose

- ♦ Circle of Hope empowers the individual to be active participants in their recovery and to self-identify as part of the greater community.
- ♦ Circle of Hope encourages individuals to give greater meaning to their lived experience through the support of peers.
- ♦ Circle of Hope enhances mental health recovery. It is one of many different supports a person can find valuable.
- ♦ All participation is voluntary.

CIC  
18 E. 4th Street  
Bridgeport, PA 19405  
[www.ciconnections.org](http://www.ciconnections.org)



Montgomery County, Pa

# CIRCLE OF HOPE

**Person-Centered Mental  
Health Recovery  
Mutual Aid Group**



*Creating Increased Connections  
through Education and Support  
(CIC) - A program of RHD*

# 'Circle of Hope' Mutual Aid Groups



We acknowledge each person has the power and ability to self-direct their recovery and make responsible choices to increase wellness.

We realize by creating a safe environment, people can voice and openly share their life story which can empower them to find greater meaning and purpose in life.

We work to support each other through intentional listening and by focusing on an individual's strengths to raise self-esteem.

Each person is mutually respected- we validate each person's lived experience and accept the right to hold differing world-views.

We understand all should feel a part of the community. We seek to embolden people's identity and increase awareness of opportunities to participate fully in the community.

We affirm Mental Health Recovery Principles (SAMHSA) and uphold the evidence-based practice of WRAP (Wellness Recovery Action Plan) and WRAP Values and Ethics.

## Groups Available Weekly in:

Bryn Mawr

Roslyn

Lansdale

Norristown

## For a updated schedule:

**CICONNECTIONS.ORG**

or

**484-681-9432**

**CIC**

A Program of Resources for Human  
Development



## Testimonials

"I like Circle of Hope group because it gives me inspiration, it gives me something to look forward to and it makes me feel better in a lot of ways."

"I come to share ideas."

"I've learned a lot from those who have attended. It's always been a safe haven for me to talk about and discuss things that each of us are challenged with daily. It also helps educate me about other ways of dealing with the things I'm challenged with."

"This group gives me a chance to explore what recovery has to offer."

"Helps me to hear from others who have struggled and are getting better."

