

MOULTRIE/SHELBY COUNTY ROSC NOVEMBER NEWSLETTER



Greetings!

ROSC COUNCILS
BUILD
COLLABORATIONS IN
THEIR COMMUNITIES
THAT CONNECT
EVERYONE WHO CAN
SUPPORT RECOVERY.

Upcoming Events

11-02-2023
Recovery Wellness Group

11-07-2023
Monthly ROSC Council Meeting

11-16-2023
Recovery Wellness Group

11-17-2023
Laundry Day

Shelby & Moultrie
ROSC Council Meeting

Tuesday, November 7th, 2023
3:30pm - 4:30pm
Elizabeth Titus Memorial Library
Sullivan, IL

For the zoom link, or more information:
Contact Tess Miller @
tessm@hourhouserecovery.org

Funding for this project is provided in whole or in part by the Illinois Department of Human Services (IDHS), Division of Substance Use Prevention and Recovery (SUPR).

**MOULTRIE/SHELBY ROSC
RECOVERY WELLNESS GROUP**

Topic
Family Matters Part One

When & Where
11-2-2023: Via Zoom
11-16-2023: Via Zoom
(RSVP for link)

Time
12:00 pm to 1:00 pm

To RSVP contact Skylar
skylark@hourhouserecovery.org
or 217-549-7519

Free Narcan and training available upon request!

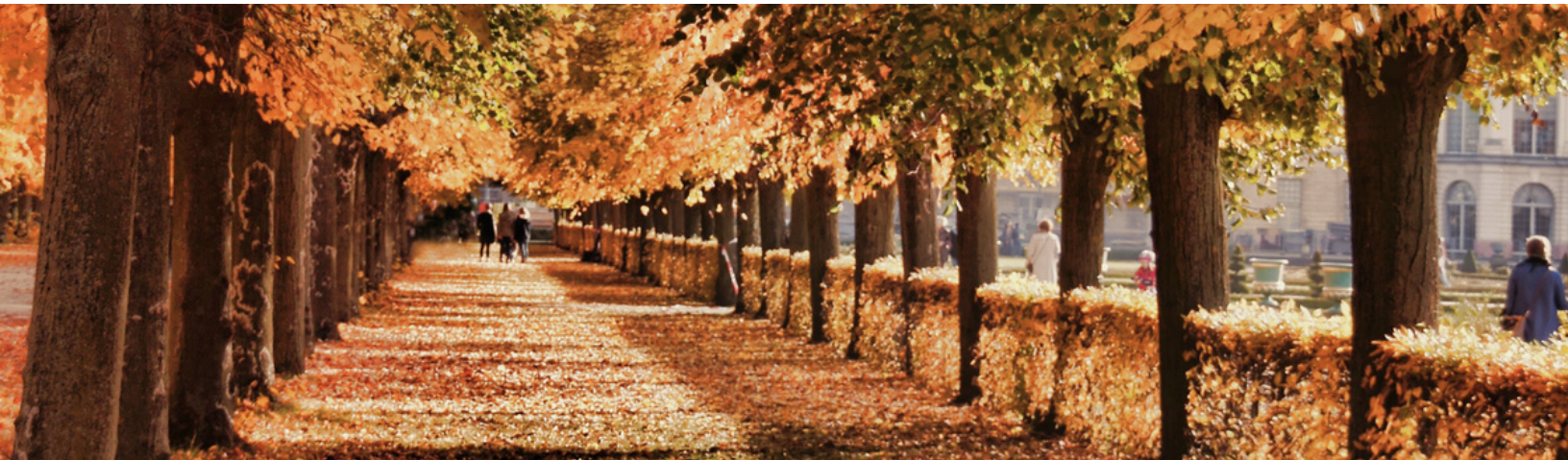


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Recovery Navigator Resource

Skylar can connect community members with community resources, recovery and/or substance use education, and encouragement that recovery is possible through personal testimony.

Contact Skylar Miller at skylark@hourhouserecovery.org for further information.



WHAT IS A QUOTE THAT GIVES YOU HOPE IN RECOVERY?

“THOUGH ONE MAY BE OVERPOWERED, TWO CAN DEFEND THEMSELVES. A CORD OF THREE STRANDS IS NOT QUICKLY BROKEN.

-ECCLESIASTES 4:12

RICHARD, A PERSON IN LONG TERM RECOVERY, SAYS “IT SPEAKS TO THE RECOVERY COMMUNITY AND OUR NEED TO BE TOGETHER TO BE AS STRONG AS POSSIBLE WHEN THE WEIGHT GETS TOO MUCH.”



We provide Narcan training and Narcan distribution through the DOPP program. Contact Tess Miller for more information at tessm@hourhouserecovery.org

Saturday's 11am til 12
**Let's talk
this out!**
**Narcotics
Anonymous**



New Life Church
1502 Cooks Mill Rd
Sullivan, Illinois
Nexus building in back



The Moultrie, Shelby County ROSC, and
The Salvation Army are partnering
to provide community members a...

**Free Laundry
Day**

November 17th @ 9:00am - 12:00pm.
The Rainbow Wash Laundromat
202 North Cedar St. Shelbyville, IL

For further questions or if you would like to donate to a future laundry day, please get in touch with Tess Miller at tessm@hourhouserecovery.org or Crystal at shelbysalvationarmy@gmail.com. Naloxone and Naloxone trainings will be readily available to community members during this event.



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IF YOUR BUSINESS, AGENCY, GROUP, MEETING, ETC. WOULD LIKE TO ADD A FLYER/ANNOUNCEMENT/EVENT ON OUR MONTHLY NEWSLETTER, PLEASE EMAIL TESS OR SKYLAR ANYTIME!