

Recovery International restores hope through self-help

Recovery International is a self-help mental health organization that offers behavioral-changing coping tools, support, and encouragement for adults who are struggling with depression, anxiety, panic attacks, or bipolar disorder. The Recovery International method also helps people who are dealing with fears, nervous symptoms, stress, or anger management issues.

The late neuropsychiatrist Abraham A. Low, M.D. founded Recovery International in 1937 resulting in the formation of weekly support groups throughout the United States and other countries that emphasize the learning and practice of cognitive behavioral techniques. Thousands of Recovery's participants have benefited from the organization's goals of improved mental health and a better quality of life.

The Grand Island Recovery International group meets every Tuesday from 7 to 9 p.m. at Trinity United Methodist Church, 2100 Whitehaven Road. The meeting is held in the last classroom of the Sunday School and office wing to the right of the church's main entrance.

Visit [www.LowSelfHelpSystems.org](http://www.LowSelfHelpSystems.org) for more information about the usefulness of the Recovery method in managing everyday situations.

Also, these are dates for the Isledegrade calendar section:

January 31- 7 to 9 p.m. Recovery International mental health group meeting, Trinity United Methodist Church, 2100 Whitehaven Road

February 7 - 7 to 9 p.m. Recovery International mental health group meeting, Trinity United Methodist Church, 2100 Whitehaven Road

February 14 - 7 to 9 p.m. Recovery International mental health group meeting, Trinity United Methodist Church, 2100 Whitehaven Road

February 21 - 7 to 9 p.m. Recovery International mental health group meeting, Trinity United Methodist Church, 2100 Whitehaven Road

February 28 – 7 to 9 p.m. Recovery International mental health group meeting, Trinity United Methodist Church, 2100 Whitehaven Road