



BETTER. MENTAL. HEALTH.™

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Contacts: Sandra Wilcoxon, CEO, Recovery International, 312-962-5991
Laura Franz, SCSW, Executive Director, TLS Veterans, 815-679-6667

BETTER. MENTAL. HEALTH. for Veterans

Recovery International and Transforming Lives through Service to Veterans (TLS Veterans) are launching a new program to teach veterans tools for coping with symptoms related to PTSD, anxiety, depression and anger.

Veterans are invited to drop by the TLS Veterans building at 5330 W. Elm Street in McHenry, Illinois, on **Tuesday evenings at 6 p.m. beginning on February 27** to learn more about the Recovery Method. No previous experience is necessary—participants will receive training materials, and books will be provided for use at the meetings. There is no cost for the sessions, though contributions to support the program are encouraged.

Recovery International (RI) operates more than 500 meetings per week throughout the US, Canada, Ireland and other locales, helping people achieve better mental health. The meetings are led by trained, volunteer peer leaders utilizing cognitive-behavioral methods developed by neuropsychiatrist Dr. Abraham Low more than 80 years ago. This program is a pilot project of RI's Veteran's Initiative, created to address needs and issues specific to veterans. A second pilot program is also being launched in San Diego, California. Information gathered from these meetings will help the program evolve and improve as the Veteran's Initiative is expanded to other cities.

TLS Veterans operates a drop-in resource center for veterans and their families offering certified veteran peer support to any veteran and family in need of assistance. The peer support group provides access to the food pantry on site, individual and group support for veterans in recovery, information for veterans struggling with claims barriers, and referral to other agency services such as New Horizons transitional living, employment assistance, housing assistance, and counseling. TLS Veterans has many community partners that work together to offer a safety network for veterans in need.

For more information, visit www.recoveryinternational.org or www.tlsveterans.org.

1415 W. 22nd Street
Tower Floor
Oak Brook, IL 60523

Toll-free: 866-221-0302
www.recoveryinternational.org
info@recoveryinternational.org