

# The Enduring Power of Connection

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“Do not grieve, for the joy of the Lord is your strength.” – Nehemiah 8:10

It is very easy in recovery to forget that we are not alone, and distressing emotions often leave us in a place of feeling isolated and alone. Through the process of connecting, however, our brains and our spirits are given new life. So often we underestimate the power of even a small interaction shared from the heart, a word of compassion, or even the act of sitting with another in their pain.

Connecting with others and with Jesus reminds us that we are made for relational joy, and that often what is broken through relationship is healed through relationship – with God and with safe and supportive community. One’s capacity to mindfully enjoy the present is grown, and past traumas become less traumatic.

At Timberline Knolls, we encourage our residents to take risks that facilitate them being more connected to others, to God, and to their own inner sense of joy. Just the simple act of making friends in their treatment, remembering they are not alone, and sharing joyful connection reignites positive areas of healing in women’s brains. This, in turn, builds their capacity to take further risks in treatment, grounding them and building their ability to move forward in their meaningful lives; essentially, reminding them of who they were meant to be and uncovering their joyful center.



Timberline Knolls is a residential treatment center for females, ages 12 and older, nestled in a wooded area in a southwestern suburb of Chicago. Christian counseling with Meier Clinics staff is typically available to those residents who request it. For more information about our facility and program, call 877-257-9611 or visit [www.timberlineknolls.com](http://www.timberlineknolls.com).