

BUILDING RESILIENCE FAMILY SESSION YOU'RE INVITED!



Hosted by the Hamilton and Clermont County Resilience Project
Administered by Hamilton County DD Services with Funding Support from Ohio DODD and OMAS

Monday January 9, 2017
6:30 -8:00 PM (Pizza & Beverages Provided)
LIGHTHOUSE YOUTH SERVICES
MARGE SCHOTT TRAINING ROOM
401 E McMillan St, Cincinnati, OH 45206

START THE NEW YEAR STRONG!

Please mark your calendar now for a session designed to help young people and their families grow stronger – and build resilience in order to face life stresses and adversity. This Family Session is designed for young adults who have experienced stress -- and their family members and friends who support them.

WHY COME?

Stress and adversity takes a toll on our bodies and our brains. With help, we can get begin a journey of growth and healing. This session is designed to share simple things to do and ways to be together that promote healing and growth. You'll leave with some tips and tools that you can use right away!

You'll learn some practical, easy-to-use ways to deal with stress, manage emotions, and feel safe. When all of us work together and use these same approaches, chances for success increase. You'll have an opportunity to talk with and learn from others. You will NOT be asked to talk about your past. The focus will be on moving forward.

People participating in the Resilience Project and their family members are especially encouraged to attend. This project helps young people served by Hamilton and Clermont County DD Services to build resilience – get strong – so that they can overcome the hard things they've been through. Family members directly engaged in the Resilience Project will receive a small gift card in recognition of time and travel expenses.

WHERE

Lighthouse Youth Services, Marge Schott Training room, 401 E McMillan St, Cincinnati, OH 45206. Plenty of free parking is available . We'll greet you at the front door and take you to the room.

FOOD AND FELLOWSHIP (and FREE!)

We'll provide pizza, light snacks and drinks. This session is offered at no cost. No registration is necessary. Contact any of these people for more information: Rhonda Craig (Hamilton County DDS) at 513-746-9785, James Dalton (Lighthouse Youth Services) at 513-767-8439. If your family member is engaged with the Resilience Project you can contact your family member's Resilience Worker, or Jo Krippenstapel (Project Coordinator) at 513-289-1631.