



The Center
for Disability
Empowerment

Ohio Family Network
CONNECTING COMMUNITIES

GROWING FAMILY RESILIENCE

FOR PEOPLE WITH DISABILITIES AND
FAMILIES OF PEOPLE WITH DISABILITY



Presenters:



Sarah Buffie



Claudia Lopez



PRESENTATION DESCRIPTION

Click On Button To Register For Your Session



Mondays in November

Nov. 2 | Nov. 9 | Nov. 16

5:00 PM-7:00 PM

In this 3-part series, The Center for Disability Empowerment will be working with SoulBird Consulting and Profluence to explore the concept of growing Family Resiliency. Stressful situations are an uncontrollable way of life. Controlling the way we react to situations brings power, promotes connection and improves our sense of well-being. This resource will combine knowledge about navigating stress with practices that we can take with us wherever we go to support our sense of calm and groundedness.

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**REQUEST ACCOMMODATIONS BY OCTOBER 30
TO THE FOLLOWING CONTACT...**

EVENT CONTACT:

SARAH BUFFIE

SARAH@SOULBIRDCONSULTING.INFO