

Center for Strength



Weekly Email

# RESILIENCY REPORTER

When an incident of grief or trauma encompasses a community, the Center encourages everyone to use the [ABC self care aspects](#). Gathering at the Center this week can provide supports where you are in your resilience journey. It opens a forum to share heartaches, hopes, and fears. For the rest of this week, we will have various activities and support for you to access.

It is important to remember that you don't have to know someone personally to be affected by what has happened to them. We have provided a resource and a video below to better understand vicarious grief. And, that while collective grief can be upsetting, sometimes grieving as a group can allow us to process our feelings more easily.

The Center has some upcoming activities to support the community. These particular activities are an opportunity to help you create a space of learning or being active.

If you would prefer to talk in a safe and confidential place about personal experiences, thoughts, feelings, or problems reach out to our therapists below:

[Contact A Therapist](#)

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## Pillar of Strength: LEARN

Gain strategies, insights, and understanding related to trauma recovery, teen relationships, parenting, and other relevant topics

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**Resilient Chats**  
**How Animals Can Support Humans**

**March 28**  
**5:00 pm - 6:30 pm**  
**For Teens and Up**



Presented by:  
Kathy Hulley, [Mane Mission](#) Owner  
and  
Bruno, Mane Mission Mascot

Location: Center for Strength

The goal of this Resilient Chat is to educate our community on the support animals can provide after trauma. Kathy with the assistance of Bruno, will discuss how animals can promote mental health, healing and well being by lowering of cortisol, our stress hormone.

The [Mane Mission](#) utilizes animal assisted therapy to improve the mental health and well being of underserved individuals and groups.

[Sign Up Here](#)



## Lunch & Learn Healthy Teen Relationships

March 30th  
12pm - 12:30pm  
For 16 years and Up

Presented by:  
Kelli Grenier, MA, LPC  
[AllHealth Network](#)

Kelli will discuss with participants on what healthy behaviors of teen relationships look like and what to look for in unhealthy behaviors that can be formed after trauma.

This is an online presentation. Kelli will speak for 20 minutes with 10 minutes at the end for a Q&A.

[Sign Up Here](#)

## Pillar of Strength: DO

Engage in activities that promote health and wellness

Self-Defense for Women & Girls

March 20th & 27th  
5pm-6pm

For 16 years and Up



MAC FIGUERORA



NIKI DOUGAL



Presented by:

**Niki Dougal**

And

**Mac Figuerora**

**Location: Center for Strength**

This class is designed to build strength through breathing, meditation, and self-defense. Participants will first be introduced to concepts involving breathwork and mind management. As you progress your focus will then shift over to learning about stance work and breathing while in motion.

[Sign Up Here](#)

Our self-defense class provides:

- Basic self defense skills
- Confidence to stop unsafe situations
- Greater body awareness

## Helpful Resources

[Grief Awareness Resources](#)

[Suicide Awareness Resources](#)

"What are the differences between Secondary PTSD, Compassion Fatigue, and Caregiver Burden?"

See video below:



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