


Grieving? Know someone who is?



When you are grieving a loved one's death, the holiday season can be especially painful. Our **Surviving the Holidays** seminar helps participants discover:


- How to deal with emotions
- What to do about traditions
- Helpful tips for surviving social events
- How to find hope for the future

SURVIVING —THE— HOLIDAYS

Please join us for this encouraging seminar.

GRIEF SHARE®
www.griefshare.org/holidays

November 9, 6 - 8 pm
Call today to register 614-471-0252 or at
stonybrookchurch.net/griefshare
Sponsored by Stonybrook church



Free Chronic Disease Self-Management Program

Registration required.

Saturday
November 4 - December 9 | **1 - 3:30 PM**


4400 N High St., Suite 300,
Columbus, Ohio 43214

- Do you live with one or more long-term health conditions, such as: arthritis, diabetes, lung disease, high blood pressure, heart disease, cancer, HIV/AIDS, chronic pain, anxiety, depression, or others?
- Do you feel limited in your daily activities, tired, alone or stressed by health problems?
- Are you looking for better ways to manage your symptoms?


The Healthy U program can help!

Healthy U workshops are conducted in your community by people like you who have learned to take control of their health. They are conducted in six free, weekly, interactive, small-group sessions that focus on increasing your ability to manage your condition so you can lead a full life.

For more info or to register, contact **Robbie Payne**
at RobbiePayne@EquitasHealth.com (614) 340-6719

 **Equitas Health**
Care for All

EquitasHealth.com

 **COAA**
CENTRAL OHIO
AREA AGENCY
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IMPACT Community Workshop: Safety 411

The What and Why of IMPACT Safety

IMPACT teaches practical skills to enhance personal safety and confidence for people of all ages and abilities. Everyone can learn effective strategies that prevent violence.

Approximately 21% of the population of the United States will be the victim of personal or property crime in their lifetime. Of those who are, most never thought it would happen to them.

The Truth about Interpersonal Violence

The IMPACT Safety 411 interactive workshop offers new perspectives on ways of being safe. Myths and misconceptions about personal safety and violence are addressed and replaced with facts that can increase effective practices and confidence.

Incidents of personal violence are more common than the public may realize. This workshop covers the facts about personal violence, the incidence and prevalence of certain acts, how media portrayals shape our cultural understanding

of violence and its impact on our perception of safety.

We will discuss ways in which people modify their lives (not going out at night, never alone, etc.) to keep themselves safe and, in contrast, the possibility of not having to limit what one does in order to stay safe and live life.

Cultural socialization is explored so that participants can recognize the ways in which their attitudes and beliefs influence their choices and decisions in areas critical to their safety.

Having the Skills to make choices

This workshop also addresses current research about assault behaviors. Participants will learn awareness skills, how to avoid potentially dangerous situations and prevent violence. They will learn and practice important nonverbal body language and verbal strategies that can effectively avoid and defend against an assault.

Many first person reports and academic research has proven that learning and using assertive verbal skills, yelling and confident body language stops an attack. Participants in the

The Safety Fundamentals Workshop Topics Include:

- Myths & Misconceptions: The truth about personal safety.
- Awareness of where you are and who you're with. It's hard to maintain safety when you're not paying attention.
- Assessing the danger by using and trusting your intuition.
- Anticipating what you need to do through planning ahead and thinking through your choices.
- Taking Action to maintain or restore your safety.
- Expanding Choices = More Confidence.

Safety Fundamentals Workshop will experience these skills and leave knowing what is possible.

Safety 411 is designed for ten to 100 participants. Space requirements: large room or auditorium with space for participants to stand and move around.

IMPACT Safety
A program of LifeCare Alliance
1699 W. Mount St
Columbus, Ohio 43229
614.437.2684
www.impactssafety.org

IMPACT Safety
PERSONAL SAFETY

What is Your Soul Song?

Tuesday, October 24th, 2017
2:00pm – 3:30pm
Healthy Living Center | Room 126

Join us for a time of relaxation and reflection. This group will begin with a guided meditation exercise to find our personal words of meaning. We will work together to craft those words into lyrics and the instructor will then set them to a beautiful melody. The goal of the class is to help find your inner voice.

Carisa Holmes, Creative Power Coach, is a published author, singer/songwriter and performer of the healing arts.

To register please call:
614-234-4660

This class is being offered at no charge due to generous funding from the Mount Carmel Foundation.