



#BEYOURBESTSELF

Summer Program Newsletter

May - August, 2019

www.jtoh.org | 513-931-5777 | 703 Compton Rd., 45231

Term: Summer 2019 | Date: May 1, 2019

MONTHLY GROUPS

Chronic Pain Support Group

1st Monday | 7-8 PM

Crohn's Colitis Support Group

3rd Monday | 7-8:30 PM | No meeting in July

Diabetic Support Group

3rd Wednesday | 1:30 - 3 PM

Registered Dietitian Jan Wagner teaches people how to manage diabetes through their food choices.

Diabetic Education Classes

4th Thursday | 7-8 :30 PM

Certified Diabetes Educator Jan Hunter teaches about the impact diabetes has on the whole body.

May: Diagnosis & Treatment

June: All About Blood Glucose

July: Lifestyle Changes and Caring for Diabetes

August: Physical Activity

Read more at
www.jtoh.eventbrite.com

ORGANIZING LIFE WORKSHOPS

Polly Giblin, otherwise known as The Mess Mender, is presenting a series of workshops in 2019 to help us get organized.

Come to any or all of these workshops, guided by your interest and need!

Tues., Jun. 11 | 7-8 PM | \$10

It's Time to Get Organized!

Tues., Aug. 13 | 7-8 PM | \$10

Overcoming Emotional Attachment to Things

Tues., Oct. 8 | 7-8 PM | \$10

Creating a Functional Home Office

Tues., Dec. 10 | 7-8 PM | \$10

The Upsides of Downsizing

Read more about each session on Eventbrite:

www.jtoh.eventbrite.com

Pre-registration required.

HOLISTIC WELLNESS WORKSHOPS

Dr. Cathy Rosenbaum, a Holistic Clinical Pharmacist, is presenting a series of workshops over the next year to help us be "whole person" well.

Come to any or all, guided by your interest and need.

Thurs., May 30 | 7-8:30 PM | \$10

"Over-the-Counter Diagnostic Tests" Safe? Accurate? Based on real science?

Thurs., Jul. 25 | 7-8:30 PM | \$10

"Men's Health: Everything You Want to Know but Are Afraid to Ask"

September date TBD

Bring your questions and note pads! After all, we "don't know what we don't know." Read more about each session on Eventbrite:
www.jtoh.eventbrite.com

Pre-registration required.

REGISTRATION INFORMATION (Pre-registration Required)

- ▶ Visit www.jtoh.eventbrite.com
- ▶ Follow Google Maps: 703 Compton Road, Cinti., OH 45231
- ▶ Questions? Contact Diane Kinsella | 513-931-5777 | dkinsella@jtoh.org

GRIEF COACHING GROUP

Begins Tuesday, June 4 | 7-8:30 PM | 5 weeks | Limited to 8

Each of us experiences grief uniquely and on our own time-table, but we also share a lot of common ground, such as thinking that no one else can understand what we are experiencing. Our coaches have walked through their own grief and with others, and can help you discover your strength and ability to live on in the fullness of life.

We will focus on the present moment and the freedom that comes when we refuse to allow ourselves to get caught up in "what-ifs" and fear that loss presents. You will honor your loss(es) - AND begin to find a way toward your hope-filled future.

Pre-registration required.

WAYS TO SUPPORT OUR WORK:

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AmazonSmiles

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Buy a Patio Brick! (www.jtoh.org)

RISING STRONG™ : RESILIENCY FOR LIFE

Begins Wed., May 8 | 7-9 PM | 8 weeks | \$25 (workbook) | Limited to 8

We all fall [e.g. experience failure, heartbreak or disappointment]. The important thing is to learn how to get back up again. The Rising Strong™ program, based on the research of Dr. Brené Brown, is all about learning to rise stronger when we experience failures, setbacks, and challenges in our life.

You'll work with a thought-provoking process, allowing your vulnerabilities to unfold, using compelling tools and practices, as you write a renewed story in an open and safe environment.

Who is Dr. Brené Brown? Check out her Top 5 TED Talks on Vulnerability or watch her newest episode "The Call to Courage" on Netflix!

Led by Certified Daring Way Facilitator, Diane Kinsella. Rising from your falls as you overcome struggle and face your hurt brings forth wisdom and wholeheartedness to your life. ***Pre-registration required.***

SOCIAL MEDIA BRANDING

Begins: Wed., July 31 | 7-9 PM | 5 weeks | Limited to 10 | \$50

We intentionally build our personal brand or unintentionally weaken it every day. Learn how to take control of your brand with an integrated social media strategy that differentiates you from your job search competition.

Let's face it: most of us are overwhelmed trying to wade through the deluge of information about how to use social media...info that changes daily, it seems. Learn a data-driven approach to managing your "digital handshake" so that it is attractive to the kind of businesses and people that would be good partners for you. We'll use a 360 assessment to learn what your brand is (from the outside in) - and then create your marketing magnet on LinkedIn and other social media. Led by Social Branding Analyst, Diane Kinsella.

Pre-registration required.

REGISTRATION INFORMATION *(Pre-registration Required for ALL Programs)*

- ▶ Visit www.jtoh.eventbrite.com to register
- ▶ Follow Google Maps: 703 Compton Road, Cinti., OH 45231
- ▶ Questions? Contact Diane Kinsella | 513-931-5777 | dkinsella@jtoh.org

To receive the latest updates, added programs, and other opportunities, subscribe to our e-newsletter: <http://eepurl.com/bVV-Fr>

JOB SEARCH INTENSIVE

Begins Tuesday, June 4, 1:30 - 3:30 PM | 6 weeks | Limited to 8 | \$100 (\$75 refundable)

This is a **vigorous** approach to finding your next job. For it to be effective, you must be fully committed (hence the initial fee). Space is limited, so only those who are ready to meet the requirements are accepted.

To be successful in the cohort, you must:

1. Know the position you are looking for and be able to describe it to others.
2. Have the required skills and be qualified for the role.
3. Commit to our 10-7-2 approach.
4. Make other weekly commitments to achieve your personal goals.

You WILL be held accountable for your commitments. Earn back \$75 by meeting the milestones you & your coach set in weeks 2, 4, and 6.

Leave with confidence and be ready to land your "Next, Best Job!" **Pre-registration required.**

IMPERFECT AND ENOUGH! **NEW THIS SUMMER**

Begins Tues., July 9 | 7-9 PM | 7 weeks | Limited to 8 | \$25

Let go of who you think you are supposed to be and embrace who you are. Are you engaging in the world from a place of worthiness? This group is about learning to be wholehearted and exploring why we focus so much on what other people think. **It's about stepping into the belief, I AM IMPERFECT and I AM ENOUGH!** DIG Deep (Get Deliberate; Get Inspired; Get Going) and make commitments to incorporate what you learn. We'll use *The Gifts of Imperfection* by Brené Brown and the new workbook. Work with coach Diane Kinsella, Certified Daring Way Facilitator. **Pre-registration required.**

JOB SEARCH JUMP-START! **NEW THIS FALL**

Begins Mon., Sept. 16 | 1:30 - 3:30 PM | 6 weeks | Limited to 10 | \$40

Perhaps you've been looking for a while and aren't scoring any interviews? Maybe you've gotten first round interviews but can't get any further?

Just like the marksman needs to get ready and aim before firing, job seekers must get ready and aim before landing their "Next, Best Job." Join us for a **"re-set"** that will help you prepare and focus to find your next successful role. This is a crash course based on our most successful programs:

1. We will start with the StrengthsFinder 2.0 assessment to understand how you uniquely contribute and define what a "right fit" looks like for you.
2. You will create some powerful statements about how you contribute for your marketing campaign.
3. Next up is managing your digital handshake so that your LinkedIn profile creates a powerful first impression for people and places that would be a good fit for you.
4. Finally, you will "re-launch" your search with a sharper focus on jobs that are in alignment with who you are, what you uniquely deliver, and a culture that matches. **Pre-registration required.**

OVER 55: OVERCOMING AGEISM TO FIND MEANINGFUL WORK ** NEW**

Begins Monday, Aug. 5 | 1:30 - 3 PM | 4 weeks | \$25

Over 55? You've no doubt wondered if ageism is real or in your head.

The "good news" is that it's NOT in your head.

The **even better news** is that Cincinnati Career Coach, Dana Glasgo, is here to help. This 4 week workshop will equip you with strategies for overcoming ageism that you'll be able to implement quickly. Be ready for the Fall's corporate recruiting season. **Pre-registration required.**

JOURNEY TO HOPE
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Would you like to promote your business while supporting the work of Journey to Hope?

Here are some promotional opportunities:

- Sponsor our print and/or e-mail newsletters
- Sponsor one of our groups
- Sponsor our 20th Anniversary Celebration

Please contact Diane Kinsella to learn more:

dkinsella@jtoh.org or 513-931-5777

20TH ANNIVERSARY UPDATE:

You can still participate in our Patio Project by purchasing a brick with commemorative text on it! Stay tuned for our announcements on when the Ribbon Cutting Ceremony will be.

Learn more and order your brick today at www.jtoh.org.