



Support and Coaching Group Newsletter

#BEYOURBESTSELF

January - July 2020

Who We Are:

We empower people with the skills to cope and adapt when life takes a difficult turn.

- ▶ We focus on the "person in the middle," our members.
- ▶ Our programs focus on physical, emotional, and financial well-being.
- ▶ We offer professionally-facilitated group programs, allowing members to create and activate their own "new normal."
- ▶ Our center is a welcoming place designed to make our members feel at home.

To read more and/or register for any group, visit:

www.jto.org OR
www.jto.eventbrite.com

Questions?

513-931-5777 or
dkinsella@jto.org

Subscribe for updates:

Text "JOURNEYTOHOPE" TO
42828

Please share this information freely with anyone in your network who could benefit from these groups.

MONTHLY GROUPS

Caregivers' Support Group

1st Sunday, 3:30 - 5 PM

Chronic Pain Support Group

1st Monday, 7 - 8:30 PM

Diabetes Support Group

3rd Wednesday, 1:30 - 3 PM
Led by Jan Wagner, Registered Dietician

Diabetes Education Group

4th Thursday, 7-8:30 PM
Led by Jan Hunter, Certified Diabetes Educator

EMOTIONAL WELL-BEING

Adoption Support Group - New in 2020!

BEGINS MON., FEB. 24 [SKIP 3/23] | 12:30 - 2 PM | 6 WEEKS | \$30

Find a welcoming and compassionate environment where parents can share stories, support and resources with other adoptive parents to benefit one another. Led by Sharon Doering, an adoptive parent and professional who works with trauma.

Art of Becoming - One story at a time

FRIDAYS | 11:30 - 2:30 OR SATURDAYS | 1-4 PM

A mini-retreat to connect with God and your inner most being, while enjoying new & old friends.

Grief Coaching Group

TUES., MAR 3 OR JUNE 2 | 7-8:30 PM | 4 WEEKS

Each of us experiences grief uniquely and on our own time-table, making it seem as though no one else understands. Come and learn from our coaches, who have walked through their own grief, how focusing on the present moment gives us freedom when we refuse to allow ourselves to get caught up in "what ifs" and fears that loss presents. You will honor your loss(es) - AND begin to find your way toward your hope-filled future. Pre-registration required.

Alzheimer's Association Memories in the Making

MONDAYS | 10:30 - NOON | VARIOUS SESSIONS THROUGHOUT THE YEAR

A "Time for caregivers," an interactive support and education program for caregivers, is offered at the same time as "Memories in the Making," an art program for people with memory loss to express themselves through the visual arts. Please visit <https://www.alz.org/cincinnati> to learn more and register.

Forgiveness: A Four Fold Path for Healing

THURS., APR 2 | 7-8:30 PM | 5

WEEKS

We will use Archbishop Desmond Tutu's materials on forgiveness to uncover our personal paths for forgiving others and ourselves, which liberates us into being all that we can be! Discover a model of forgiveness and why forgiving is one of the best things you can do for your own health and well-being.

Living Courageously with my Body Image

WED., APRIL 1 | 7-9 PM | 8 WEEKS | \$25 FOR WORKBOOK

This group will help you quiet your inner critic, embrace your imperfections, and own your birthright of worthiness. We'll use Brené Brown's Daring Way to gather the courage to live bravely, show compassion toward self and others, and cultivate meaningful connection. Find greater joy, courage, gratitude and authenticity. **Pre-registration required.**

Single Parent Support Group – Virtual [Using ZOOM] – New in 2020!

SUN., FEB. 2 | 7-8 PM | \$20

Do you feel isolated, overwhelmed, and lonely, not knowing where to begin at times? You are NOT alone! Being a single parent requires courage, resilience, honesty, strength, and community. During these four weeks you will be guided through steps that will allow you to face your fears, honestly assess your current situation, and be a part of a supportive community. Led by single parent and coach, Kristine Lassen. **Pre-registration required.**

Whispered Truth

TUES., JAN. 21 | 10 AM - NOON | 8 WEEKS

This book study group will use the book, *Whispered Truth*, to bring understanding about the effects of abuse and God's power to heal us from all past wounds. Topics include: fear, truth, trust, forgiveness, obedience, letting go and perseverance. **Pre-registration required.**

Physical Well-Being

Steady U (A Matter of Balance)

THURS., FEB. 13 | 1:30 - 3:30 PM | 8 WEEKS | LIMITED TO 12

In this class you will learn to view falls as controllable, set realistic goals for increasing activity, and change your environment to reduce fall risk factors. You "need" this group if you don't do things you used to enjoy for fear of falling, want to improve your flexibility, balance, and strength, have already fallen, or are concerned about falls. Dress comfortably for some sitting/standing exercising that enhances the lessons. **Pre-registration required.**

Transforming Me: How I learned to live healthy and happy after six decades of extreme weight

TUES., JAN. 14 | 1:30- 2:30 | SINGLE SESSION

Margie (hard "g") Namie held a demanding career as a nurse executive overseeing clinical quality for Mercy Health. She was also obese her entire life, either losing large amounts of weight or regaining it all back again. Her weight had caused chronic health issues: high blood pressure, arthritis leading to nine knee surgeries, gastric reflux, and swollen ankles.

In 2016, she started a path towards healthy living after her retirement. Over two years she gradually lost over

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Subscribe for our latest updates and changes: Text
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We are working on a "Next Third of Life" Series for 2020, so please sign up for our e-newsletter for the latest updates, as they become available:

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half her weight and learned to exercise, something she swore she would never do. Margie will recount her story and the things she learned along the way that have allowed her to fully embrace her transformed life. This talk is a preview of an eight-week course Margie will lead starting September 19th. **Pre-registration required.**

Weighty Matters: Learning to Live a Healthy Happy Life

THURS., JAN. 16 | 1:30 - 3:30PM | 8 WEEKS | LIMITED TO 12 | \$50

Building off of Margie Namie's "Transforming Me" talk, this highly interactive group will take a deeper dive into what it means to live a happy, healthy life. Each week you will learn a little more of Margie's process she went through, take away practical tools for things like managing pain and limiting negative beliefs, with some fieldwork to move what you're learning from your head to your heart, and seriously start your own journey toward living a happy, healthy life.

Financial Well-Being

Job Search Accelerator

**WED., JAN 22 | 7-9 PM OR
MON., MAY 4 | 1:30- 3:30 PM
6 WEEKS | \$100/\$75**

REFUNDABLE | LIMITED TO 10

This coaching cohort provides individualized coaching based on where you are in your search. Make commitments to achieve your goals - and earn back \$75 by achieving your goals and landing YOUR job! **Pre-registration required.**

Job Search Jump Start

MON., MAR. 30 | 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? 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 that will help you "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.**

LinkedIn 101

**THURS., FEB. 13 OR
TUES., APR 7 OR
THURS., JUNE 4
1:30 - 3:30 PM | 4 WEEKS
LIMITED TO 12**

Join this workshop to start or perfect your profile so it is

optimized for LinkedIn Corporate Recruiter, showcases what you want to be known and found for, and reflects the best of YOU! **Pre-registration required.**

Rising Strong in the Job Search

MON. JAN 27 | 1:30 - 3:30 PM | 7 WEEKS | LIMITED TO 10 | \$25 FOR WORKBOOK
Ever challenged to get up and "out there" every day to be productive in your search?

- ▶ Do you feel alone and/or vulnerable?
- ▶ Have a hard time promoting yourself?
- ▶ Would you like to build your resiliency to keep "eating the elephant," one bite at a time?

The physics of vulnerability is simple: If we are brave enough, often enough, we will fall. The group is about what it takes to get back up and how owning our stories of struggle gives us the power to write a daring new ending...and land the job we really want! Brené Brown's Rising Strong™ is the curriculum and Diane Kinsella, Certified Daring Way Facilitator, leads. **Pre-registration required.**

Journey to Hope
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Cincinnati, OH 45231

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To register:

www.jtoh.eventbrite.com

Questions?

513-931-5777

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Social Media Branding

TUES., FEB. 11 OR
TUES., MAY 12
7-P PM | 5 WEEKS | LIMITED
TO 12 | \$50 FOR 360 TOOL;
We intentionally build our
personal brand or
unintentionally weaken it
everyday. Learn how to take
control of your brand with an
integrated social media
strategy that differentiates you
from your job search
competition. 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.

Pre-registration required.

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

Here are some promotional
opportunities to consider:

- Sponsor our print and/or
e-mail newsletters
- Sponsor one of our
groups

Please contact Diane Kinsella
to learn more:
dkinsella@jtoh.org or
513-931-5777

Thanks to our Newsletter Sponsor:



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