What we Do:
We empower people with the skills to cope and adapt when life takes a difficult turn. We do this through professionally facilitated support and coaching groups in three arenas: emotional, financial, and physical well-being. Join us to activate your own "next normal" and create your own best life!

To read more and/or register, visit: www.jtoh.org or www.jtoh.eventbrite.com

Questions? 513.931.5777 or dkinsella@jtoh.org

Subscribe for email updates: Text 'JOURNEYTOHOPE' to 42828

Please share this information freely with anyone who could benefit from participating!

EMOTIONAL WELL-BEING

Caregivers' Support Group
1st Sundays | 3:30 - 5 PM
For anyone providing or supervising care of a loved one, locally or from afar. Find support and resources from others who know what it means to be a caregiver.

Coping with Grief through the Holidays
Tues., Nov. 10 | 7-8:30 PM | Single Session
Celebrating holidays after a loss can present new challenges. Learn how to honor your grief while supporting your well-being during the holidays.

Forgiveness: The Four Fold Path for Healing Ourselves and Our World
Thurs., Oct. 8 | 7-9 PM | 6 weeks | $12 for Book
Discover a model of forgiveness and how to give yourself the best gift for your own health and well-being. We’ll use Archbishop Desmond Tutu’s book, The Book of Forgiving: The Four-Fold Path for Healing Ourselves and Our World

All groups through 2020 will be on Zoom; some may be a blend of in-person and Zoom.

Go to jtoh.eventbrite.com [groups in chronological order] to see how each is offered.
EMOTIONAL WELL-BEING, continued

Grief Coaching Group
Tues., Sept. 29 | 7-8:30 PM | 5 weeks

Grief tends to isolate us, as we feel no one "gets" what we are experiencing - or they are tired of hearing about it! Learn how to control the "what if" thinking along with your own strengths and ability to recover.

Rising Strong - in life and career transition
Wed., Sept. 23 | 7-9 PM | 7 weeks $25 for workbook

Rising Strong is a Brene Brown program about what it takes to get back up when we fall during a struggle. We'll discover how to own our stories of struggle and write a daring new ending to those stories.

FINANCIAL WELL-BEING

Job Search Accelerator
Tues., Sept. 15 | 7-9 PM | 6 weeks | $100, $75 refundable

Small cohort receives individualized coaching based on your needs, desires, goals, in your job search. Meet the milestones in weeks 2, 4, & 6 to receive $75 refund.

Job Search Jump Start
Mon., Sept. 14 | 1:30 - 3 PM | 4 weeks

Join us to launch or "re-set" your job search so that you are prepared and focused to land your next job!

LinkedIn 101
Mon., Aug. 18 | 1:30 - 3 PM | 4 weeks | OR | Mon., Oct. 26 | 1:30 - 3 PM | 4 weeks

Optimize your profile for LinkedIn Recruiter! Whether you are a beginner or experienced user you will find new & better ways to manage your digital handshake.

All groups through 2020 will be on Zoom; some may be a blend of in-person and Zoom.

Go to jtoh.eventbrite.com [groups in chronological order] to see how each is offered.
FINANCIAL WELL-BEING, continued

Medicare Made Clear: Benefits, Costs, and Important Dates
Mon., Sept. 28 | 7-8 PM  OR  Tues., Oct. 6 | 1:30 - 2:30 PM | Stand Alone Sessions

If you are new to Medicare - or want to make changes to your existing coverage during Open Enrollment - come learn from Anita Berry, Your Medicare Plan Coach, what you need to know to make informed decisions.

Rising Strong - in life and career transition
Wed., Sept. 23 | 7-9 PM | 7 weeks | $25 for workbook

Rising Strong is a Brene Brown program about what it takes to get back up when we fall during a struggle. We'll discover how to own our stories of struggle and write a daring new ending.

Social Media Branding
Wed., Aug. 19 | 7-9 PM | 5 weeks | $50 for assessment  OR  Thurs., Oct. 1 | 1:30 - 3:30 PM | 5 weeks | $50 for assessment

Uncover your brand from the outside-in with a 360 assessment. Then learn how to make your bits-and-bytes brand congruent with your flesh-and-bones brand to manage your digital handshake.

PHYSICAL WELL-BEING

Chronic Pain Support Group
1st Mondays | 7-8:30 PM | Monthly, except September

For anyone dealing with any form of Chronic Pain. We'll use materials provided by our partner, the American Chronic Pain Association for discussion and as resources.

Chronic Pain Self-Management Program
Online Version: Tues., Aug. 11 | 7 weeks | 1-3:30 PM  
Phone Version: Thurs., Aug. 20 | 6 weeks | 3 - 5:15 PM

This free workshop is provided in conjunction with the Council on Aging for seniors, caregivers, and adults with disabilities. This is an evidence-based program of best practices for managing chronic pain.

Diabetes Support Group
3rd Wednesdays | 1:30 - 3 PM | Monthly with Jan Wagner, Registered Dietitian

Diabetes Education Class
4th Thursdays | 7-8:30 PM | with Jan Hunter, Certified Diabetes Educator

More on Next Page!

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www.jtoh.org or www.jtoh.eventbrite.com
PHYSICAL WELL-BEING, continued

Diabetes Self-Management Program Phone Workshop
Tues., Oct. 6 | 1 - 3:15 PM | 6 weeks

This free workshop is provided in conjunction with the Council on Aging for seniors, caregivers, and adults with disabilities. This is an evidence-based program of best practices for managing diabetes.

Weighty Matters
Tues., Aug. 4 | 7-9 PM | 6 weeks | $50

Walk with Margie Namie on your new path toward your healthy, happy life! Discover a process that is NOT a diet that Margie created this process to lose over half her weight. Join others who have found tremendous success in this group!