



Emotional Well-Being Groups



Financial Well-Being Groups



Physical Well-Being Groups

Journey to Hope



SUPPORT & COACHING GROUPS

JANUARY - JUNE 2021

LIVE #YOURBESTLIFE

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

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 learn more about each group and/or register, visit:

www.jtoh.org or www.jtoh.eventbrite.com

Questions?

dkinsella@jtoh.org or call 513.931.5777

Subscribe for email updates:

Text 'JOURNEYTOHOPE' to 42828

EMOTIONAL WELL-BEING GROUPS

BURNOUT! LET'S UNLOCK THE STRESS CYCLE - NEW IN 21

Thurs., Jan. 21 | 7-8:30 PM | 5 weeks | Zoom

Learn how to complete the biological stress cycle for improving your health.

CAREGIVERS' SUPPORT GROUP

1st Sunday | Monthly | 3:30 - 5 PM | Zoom

Find support and resources for the roller coaster of caregiving.

FORGIVENESS: FOURFOLD PATH FOR HEALING OURSELVES

Thurs., May 6 | 7-8:30 PM | 6 weeks | \$20 | Zoom

Archbishop Desmond Tutu's book [provided] of the same name frames the content.

GRIEF COACHING GROUP

Tues., Feb. 23 | 7-8:30 PM | 5 weeks | Zoom OR

Tues., Jun 1 | 7-8:30 PM | 5 weeks | Zoom

Honor your loss and gently turn toward your Hope-filled future.

MESS MENDER'S SERIES - NEW & UPDATED

3rd Mondays | Even Months | 7-8 PM | \$10 | Zoom

Topics include: Work from Home Effectively, Downsizing Digital Clutter, Declutter Efficiently & Donate Responsibly - and MORE!

****RISING STRONG IN LIFE & CAREER**

Wed., Feb. 24 | 7-9 PM | 7 weeks | \$30 | Zoom

Learn a resiliency model for getting back up when you've had a "face-down-in-the-arena" experience.

FINANCIAL WELL-BEING GROUPS

ALL THINGS FINANCIAL - SKILLS & HABITS FOR LIFE -NEW in 2021 with Rodney Chronister, Primerica

2nd Thurs. | Monthly | 7-8:30 PM | Zoom

Each month brings a different topic. See website for details!

JOB SEARCH ACCELERATOR

Tues., April 13 | 7-9 PM | 6 weeks | Limited to 8 |

\$100/\$75 refundable | Zoom

Small, individualized coaching cohort, with high accountability.

JOB SEARCH SKILLS FOR THE NEW ERA - NEW IN 2021

MON., FEB. 1 | 2-4 PM | 5 WEEKS | ZOOM OR

MON., MAY 3 | 2-4 PM | 5 WEEKS | ZOOM

FOR THE "NOW AND NEXT" OF YOUR CAREER: WHAT HAS CHANGED SINCE 2020.

"NEXT CAREER" COACHING - NEW IN 2021

Mon., Mar. 8 | 2-4 PM | 6 weeks | \$130/\$50

refundable | Zoom

Need to change careers? Coaching, program workbook & coach

****RISING STRONG IN LIFE & CAREER**

Wed., Feb. 24 | 7-9 PM | 7 weeks | \$30 | Zoom

Learn a resiliency model for getting back up when you've had a "face-down-in-the-arena" experience.

SOCIAL MEDIA BRANDING

Wed., May 5 | 7-9 PM | 6 weeks | \$50 | Zoom

Identify your brand from the outside in [360 assessment] to brand & manage your online presence & "digital handshake."

Visit www.jtoh.org to learn more!

PHYSICAL WELL-BEING GROUPS

CHRONIC PAIN SUPPORT GROUP

1st Mon. | Monthly | 7-8:30 PM | Zoom
Find resources & support through American Chronic Pain Association & group members

BETTER BROWN BAGGERS

1st & 3rd Wed. | 12-1:15 PM | Blended or Zoom
For Graduates of Weighty Matters, ONLY

DIABETES SUPPORT GROUP

3rd Wed. | Monthly | 1:30 - 3 PM | Blended
Jan Wagner, Registered Dietitian, leads this group with a different topic each month.

DIABETES EDUCATION CLASS - NEW LEADERS IN 2021!

2nd Wed. | Monthly | 7-8:30 PM | Zoom or Blended
Julie Shapero RD LD LDE MEd and Paula Bergan RN BSN CDCES are bringing their amazing program to Journey to Hope! New topics each month - and, hopefully, some grocery store field trips!

WEIGHTY MATTERS

Thurs., Apr. 1 | 1-3 PM | 6 weeks | Limited to 8 | \$50 | Zoom or Blended
Learn how to create a healthy, happy lifestyle with Margie Namie, who lost more than half her weight without a diet.

EMOTIONAL WELL-BEING GROUP

TEN-PERCENT CLUB

Mon., Jan. 25 | 7-9 PM | 8 weeks | \$180 | Limited to 10 | Zoom
Learn how to create your sense of purpose and identity through this presentation of creator Sheldon Wolf's research and personal search.

THANK YOU TO OUR NEWSLETTER SPONSOR



Turning 65 soon or retiring in the near future?



Confused about your Medicare options?

HELP IS HERE!

Call Anita Berry, Your Medicare Plan Coach at 513-739-6028 or visit website:
www.yourmedicareplancoach.com

Journey to Hope
703 Compton Rd.
Cincinnati, OH 45231

To register:
www.jtoh.eventbrite.com
Questions?
513-931-5777
dkinsella@jtoh.org

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Permit No. 204

REGISTRATION INFORMATION & GLOSSARY

You can read more about each group on our website:
www.jtoh.org OR

You can read more and register on Eventbrite at:
www.jtoh.eventbrite.org, where you will find the groups listed in chronological order.

Group Fees: There are two types of groups for which we charge fees.

1. To cover costs of books, resources, assessments, and other materials we provide.
2. In our experience, coaching cohorts with high levels of accountability, having some financial "skin in

the game" helps people to actually achieve their goals. You can earn a portion of the fees back by achieving the milestones you & your coaches set.

Group Formats:

All groups are currently planned to be available on Zoom. Those listed as "Blended" look like this:

We have space for 5 people to safely participate in the face-to-face session in the deeply cleaned and highly sanitized meeting room at Journey to Hope, with the facilitator. We also have tablets to lend that allow you to participate on Zoom from your car or our grounds [weather permitting]. The meeting will also take place using Zoom for those who would prefer to participate from home.