

A Resilience Training Program for Women:

Learn to lead a healthier, happier life no matter what hand you have been dealt.

Resilience is a kind of psychological fitness that enables you to react less to stress and to recover more quickly and completely. This training program is targeted to women of all ages. The series is designed not only to help you learn skills and techniques to deal with life's challenges, but to excel in reaching life goals.

Who leads the group?

Dr. Jerry Sheridan, Professor Emeritus from UMKC & Deborah Snow Sheridan, Missouri Licensed Psychologist & therapist with Jewish Family Services.

Participants will be provided:

- Resilience fitness evaluation
- Pathways to improve resilience
- Resilience coaching to turn knowledge and skills into core resilience habits

What we ask of participants:

- The "Will" to become more resilient
- Some time and effort to practice
- Commitment to attend each training group meeting

For more information and samples of program content visit onresilience.com.



Jewish Family Services
of GREATER KANSAS CITY



Who: Women of all ages

When: Monday evenings 6:30-8:30 pm,
March 7, 14, 21, 28, & April 4

Where: Jewish Community Campus
Conference Room A

Cost: \$40 for 5 sessions

* Registration deadline: March 2, 2011 (*Space is Limited*)

**To register or for more information on
"Resilience Training" please contact:**

Susie Hurst, M.A., Family Life Educator

Email: Susieh@jfskc.org

Phone: 913.327.8250 • Fax: 913.327.8222

Visit www.jfskc.org to register online

Please Return This Section With Your Payment for "Resilience Training" To:
Jewish Family Services, Attn: Susie Hurst, 5801 W 115th Street, Suite 103, Overland Park, KS 66211

Names _____

Phone _____

Email _____

Check # _____ (payable to Jewish Family Services)

Name (as it appears on the card) _____

MC/Visa/Amex/Discover # _____

Expiration Date _____

Security Code _____