

# RESILIENCE

*How's Your Bounce?*



## Build Your Resilience

Monday, February 17, 2020

10 am – 12 pm

Providing care for a family member or friend with a complex medical condition or disability can be challenging. If you feel stressed, depressed, guilty, or have trouble getting motivated, then let us help you get your bounce back!

### YOU WILL LEARN:

- Common signs of stress
- Strategies to manage the impact of long-term caregiving
- How to embrace self-care and feel empowered
- Tips to increase your resiliency

**SPEAKER :** Joleen V. Sundquist, MA, LPCC-S  
Chief Clinical Officer at Community Counseling Center

**Planning support provided by:**



ICAN City of Independence



*"This project is/was supported by the Maternal and Child Health Bureau (MCHB) of the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant # H84MC28443."*



## 2020 Series CAREGIVER TOOLS

### LOCATION

Independence Civic Center  
6363 Selig Blvd.  
Independence, OH 44131

FREE Parking

### ENJOY

Light Refreshments  
Networking with Parents

### CHILDCARE AVAILABLE

Registration Required  
Visit website for details

### REGISTER AT

[AutismAkron.org/Resilience](https://AutismAkron.org/Resilience)

**By: Feb. 10, 2020**

Questions?  
Contact Amy Clawson  
513-814-0674  
[amy.clawson@cchmc.org](mailto:amy.clawson@cchmc.org)