Community

Town hall to focus on resiliency, hope

By Dylan Goetz/Grand Haven Tribune
Nov 28, 2020

Grand Haven’s Momentum Center is hosting a town hall meeting early next week to talk about resilience and hope, two notions that have proved to be important to mental health during the pandemic.

The town hall will be held via Zoom beginning at 6:30 p.m. Monday, Nov. 30. There will be a speaker discussion, followed by a Q&A and breakout discussions.

Those who are interested in attending must register beforehand at momentum.centergh.org.

The speaker panel will include Rick Miller, founder and CEO of Kids at Hope; Sarah Brody from Thrive Ottawa; and Rebekah Schipper, executive director of Opportunity Thrive.

“We can help develop our own personal resilience through self-compassion, empathy, understanding your vulnerabilities, developing courage, emotional awareness, flexibility and a collaborative spirit,” Schipper said.

The town hall will discuss strategies to recognize situations and develop self-care routines. It is timely due to the pandemic, recent presidential election and other looming uncertainties of 2020, organizers said.
NOVEMBER 30 AT 6:30PM
VIRTUAL TOWN HALL:
RESILIENCY & HOPE

This Town Hall Meeting explores how resiliency can offset adverse experiences. It is for ANYONE interested in learning about Resiliency.

Rick Miller, Kids at Hope (KAH) Founder & CEO, professor of practice and clinical director at Center for the Advanced Study and Practice of HOPE at Arizona State University; author of “The Soul, Science, and Culture of Hope”.

Sarah Brody, JD, Thrive Ottawa

Rebekah Schipper, M.Ed.
Executive Director, Opportunity Thrive

Registration is Required

www.momentumcentergh.org/town-hall-resiliency-hope

DETAILS

Date and Time:
Monday
November 30
6:30 – 8:00pm

Zoom with Q & A and breakout sessions
(Zoom App required for breakout sessions)

QPR Training
5:00pm

QUESTIONS?

MOMENTUM CENTER

QPR Training (suicide prevention) provided free by Mosaic Counseling from 5pm to 6pm. Preregister for