

# Journey to Hope

FALL 2021 PROGRAM NEWSLETTER



## About Our Groups and Classes:

Our coaching & support groups are designed to support you through life challenges in the physical, emotional, and financial arenas. We are here to support and encourage your goals for personal development and living into #YourBestLife.

Our groups are small, by design, for ease of access to the wisdom of the room and for creating community.

**Highlighted Groups** are NEW!

## Upcoming Monthly Groups

- **1st Sunday**  
Caregivers' Support Group
- **1st Monday**  
Chronic Pain Support Group
- **1st & 3rd Wednesdays**  
Better Brown Baggers
- **2nd Wednesdays**  
Diabetes Education Class
- **2nd Thursdays**  
All Things Financial
- **3rd Mondays in Oct. & Dec.**  
Mess Mender Series
- **3rd Wednesdays | 1:30 - 3 PM**  
Diabetes Support Group

## Upcoming Groups by Starting Date

- **Wed., 9/22:**  
Mindfulness: Introduction & Preview
- **Thurs., 9/23:**  
Medicare Made Clear
- **Tues., 9/28:**  
Financial Peace University
- **Wed., 9/29:**  
**Transforming You**
- **Thurs., 9/30:**  
**Facing Your Fears: Coaching for Anxiety**
- **Tues., 10/5:**  
Courage & Resiliency in the Job Search
- **Tues., 10/5:**  
Medicare Made Clear
- **Tues., 10/5:**  
Grief Coaching Group
- **Wed., 10/6:**  
**Mindfulness: Access Your Personal Power**
- **Thurs., 10/7:**  
**Thriving Together**
- **Tues., 10/12:**  
Job Search Accelerator
- **Saturday, 10/23:**  
HOPE Celebration!
- **Tues., 11/16:**  
Coping with Grief through the Holidays



## Emotional Well-Being Groups

### Caregivers' Support Group

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

Find support and resources for the roller coaster of care-giving.

### Coping with Grief through the Holidays

Tues., Nov. 16 | 7-8:30 PM | Single Session

Whether it is the "year of first holidays" or many holidays later, it can be hard to feel festive and celebratory. Learn coping strategies developed through experience to survive the holidays well!

### Courage & Resiliency

Tues., Oct. 5 | 7-9 PM | 7 weeks | \$30

Learn from Dr. Brené Brown's curricula for Daring Greatly [Living Courageously] & Rising Strong [Resiliency] for when you have had a fall in service of your courage. Stop feeling like you're "Not \_\_\_\_\_ enough!"

### Facing Your Fears: Coaching for Anxiety

Thurs., Sept. 30 | 7-8:30 PM | 6 weeks | \$15

Learn a process for staying in the present moment and experience RIM™ for getting clear of emotional blocks related to anxiety. RIM is Regenerating Images in Memory: a closed eye, verbal, whole brain and body tool to release negative emotions & regenerate them into positive ones.

### Grief Coaching Group [Paul R. Young Funeral Home Sponsors this group]

Tues., Oct. 5 | 7-8:30 PM | 5 weeks

Honor your loss, feel less alone, and turn toward your HOPE-filled future through staying in the present moment!

### Mess Mender Series

3rd Mondays | Oct. & Dec. | 7-8 PM | \$10

Professional organizer Polly Giblin will address overcoming our "emotional attachment" to things and the upsides of

downsizing in these two programs.

### Mindfulness: Access Your Personal Power

Wed., Sept. 22 | 7-8:30 PM | [Preview of Group](#)

Wed., Oct. 6 | 7-8:30 PM | 6 weeks | \$60

Certified instructor Heather Curran\* will lead a variety of mindfulness strategies so you can find one that best aligns with your personality and lifestyle. \*Read about Heather here:

<https://www.linkedin.com/in/heatheracurran/>

### Creative Connections - NEW!

Thurs., Oct. 7 | 7-8:30 PM | 6 weeks

Find connections back to ourselves and to one another through collaborative creative expression and reflection. As Dr. Brené Brown says, "We move what we learn from our head to our heart through creativity." Bring your curiosity, get back in touch with your imagination and intuition, and create new connections through art and words.

## Physical Well-Being Groups

### Better Brown Baggers

1st and 3rd Wednesdays | 12-1:15 PM

For graduates of Weighty Matters or Transforming You group. Members meet over a health lunch for ongoing support & encouragement for living their healthy, happy lifestyles.

### Chronic Pain Support Group


1st Mondays | 7-8:30 PM

Ever feel isolated because your illness is invisible to the people around you, even your loved ones? Find support & resources from the American Chronic Pain Association and other people managing life with chronic pain.

### Diabetes Education Class

2nd Wednesdays | 7-8:30 PM | Via Zoom

Join our Diabetes Educators, Julie Shapero and Paula Bergen, all that you need to know about pre-diabetes and diabetes to take control of your health, from the comfort of your home.



## Physical Well-Being Groups

### Diabetes Support Group

3rd Wednesdays | 1:30 - 3 PM

Meet with dietitian Jan Wagner to learn about healthy food choices and get all of your questions answered!

### Medicare Made Clear

Thurs., Sept. 23 | 1-2 PM OR

Tues., Oct. 5 | 7-8 PM

Your Medicare Plan Coach, Anita Berry, will be here to explain the basics of Medicare. She's your free resource for making smart Medicare plan choices!

### Transforming You: A Road to a Healthy Lifestyle

Wed., Sept. 29 | 1:15 - 3 PM | 6 weeks | \$25

Learn how to discover a newer, healthier you by uncovering and grappling with the physical, emotional and spiritual aspects of obesity and a sedentary lifestyle. Now is the perfect time to build your new path in this six-week class.

## General Information about our Groups & Classes

You can read more about each group on our website: [www.jto.org](http://www.jto.org)

OR

You can register on Eventbrite at: [www.jto.eventbrite.org](http://www.jto.eventbrite.org), where you will find the groups listed in chronological order.

### Group Fees:

Many groups are offered without charge. Groups with fees cover the cost of consumable materials and/or a part of the professional facilitation costs.

## Financial Well-Being Groups

### All Things Financial - Skills & Habits for Life - all 7-8:30 PM

Thurs., 9/9 | How Money Works

Thurs., 10/14 | Holiday Spending Plans

Thurs., 11/11 | Financial Freedom Recap

Rodney Chronister of Primeria gives this monthly "booster" for getting and/or maintaining your financial freedom.

### Courage & Resiliency in the Job Search

Tues., Oct. 5 | 7-9 PM | 7 weeks | \$30

Learn from Dr. Brene Brown's curricula for Daring Greatly & Rising Strong how to be courageous and a process for getting back up again **when you feel like you are not enough** in any aspect of your job search. Your personal success plan for face-down-in the arena moments of a job search!

### Financial Peace University

Tues., Sept. 28 | 7-8 PM | 9 weeks | \$

No more money stress—ever! It's possible when you know how to handle your finances. Join our virtual *Financial Peace University class*, and we'll learn how to dump debt and build wealth. You won't even have to leave home. And now, you can try Financial Peace free for 14 days! Visit [fpu.com/1140731](http://fpu.com/1140731)

### Job Search Accelerator

Tues., Oct. 12 | 1-3 PM | 6 weeks | Limited to 8 | \$100 with \$75 refundable

For those anxious to make significant progress in a job search. This small coaching cohort equips you through individualized coaching, teaching, resource sharing, and accountability in your job search. You and your coaches will set milestone goals for weeks 2, 4, and 6; meeting those goals [aligned with your specific job search needs] means you receive \$75 back from your group fee! Don't miss out on this personalized opportunity. **You will not "be a number" or fade into the woodwork here!**

Journey to Hope  
703 Compton Rd.  
Cincinnati, OH 45231

Nonprofit Org.  
U.S. Postage Paid  
Cincinnati, OH  
Permit No. 204

To register:  
[www.jtoh.eventbrite.com](http://www.jtoh.eventbrite.com)  
Questions?  
513-931-5777  
[dkinsella@jtoh.org](mailto:dkinsella@jtoh.org)



Thank You to our  
Newsletter Sponsor:



Call Anita Berry to make wise  
Medicare choices easy:  
513.739.6028

Thank You to our  
Ministry Sponsor:



Visit us on Sundays in Finneytown or  
online: [northminsterchurch.org](http://northminsterchurch.org)

Thank You to our  
Grief Coaching Group  
Sponsor:



513-521-9303  
[paulyoungfuneralhome.com](http://paulyoungfuneralhome.com)

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### Group Formats:

As of this writing, all groups are currently planned to  
be available in a **BLENDED** format, meaning you can  
choose to be in-person or via Zoom.

In-person meetings occur at JtH in a space with  
fresh-air make-up, HEPA filtration, and deep cleaning.  
Zoom attendees will also be able to see and hear  
everyone else in the group.

We also have tablets you can use to participate on  
Zoom from your car or our grounds.