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# RESILIENCE MONTH: COMMUNITY CALENDAR OF EVENTS

January 2017 is **RESILIENCE MONTH** in Muskegon. This calendar is a growing list of events which promote and strengthen our collective ability to recover, learn from hardship, and build on individual and community strengths. Let's build a more trauma informed and resilient community, together! To learn more or view the ACES Muskegon Community Report visit <http://healthwest.net/community-resources/aces-muskegon/>

## Lion's Club Dinner and Resilience Presentation

Tuesday, January 3rd from 5:30-7:30 at 1st Lutheran Church (1206 Whitehall Rd, 49445)

Hosted by the Lions Club

To sign up: Call Cheryl at (231) 766-7102 by December 27<sup>th</sup>

## Lake Hawks Semi Pro Basketball Game

Sunday, January 8 at 6:00 at Reeths Puffer High School (1545 N. Roberts Rd)

Hosted by the Child Abuse Council and Lake Hawks

Purchase tickets for \$8 at the Frauenthal or Child Abuse Council (ages 4 and under are free)

## Strengthening Families

Tuesdays, January 10<sup>th</sup>-February 21<sup>st</sup> from 5:30pm-8:30pm at Reeths Puffer Intermediate School (1500 N. Getty St)

Separate sessions for pre-teens/teens (ages 10-14) and parents, as well as combined family sessions! The program is FREE. FREE family dinner & childcare (ages 3-9) provided as well.

To sign up: Contact Howard Matthews at 616-396-2301 ext.145 OR [hmatthews@pathwaysmi.org](mailto:hmatthews@pathwaysmi.org)

## "Paper Tigers" Community Screening

Wednesday, January 11<sup>th</sup> from 6:00-8:00 at the Career Tech Center (200 Harvey St, 49442)

Hosted by the Muskegon Area Intermediate School District, the film will be followed by a short discussion. The film is about a high school that saw amazing results by using trauma informed approaches with students.

To sign up: <http://bit.ly/2gymb1f>

## Resilience Smoking Cessation Class

Thursdays, January 12, 19, 26 and February 2 from 5:30-7:00 at The Health Project (565 W. Western Ave)

This FREE program utilizes the "Freedom From Smoking" module to help you quit for good!

To sign up: Email Cyndi Powers at [powerscl@mercyhealth.com](mailto:powerscl@mercyhealth.com) or call (231) 672-3211

## Resilience Slam Poetry Open Mic Night

Thursday, January 12 at 7:30pm at Racquets (446 W. Western Ave)

Hosted by WOLPS spoken word poetry group

No sign up required!

## Calling All Colors Middle School Kick Off event

Friday, January 13 8:30am-1:30pm at Baker College (1903 Marquette Ave, 49442)

Calling all Colors aims at increasing students' awareness of cultural diversity and the impact of stereotypes while providing a safe space to talk about race.

Register by phone at (616) 846-9074 or via email at [office@ethnicdiversity.org](mailto:office@ethnicdiversity.org)

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# RESILIENCE MONTH: COMMUNITY CALENDAR CONT.

## **“Dare to Dream” MLK Day Events hosted by Muskegon Public Schools**

Monday, January 16<sup>th</sup>

- Food Truck 10:00am at the Hackley Administration Building
- MLK Community Unity Lunch at 11:30am at First Congregational (1201 Jefferson St)
- MLK Musical Celebration at 12:30 at First Congregational (1201 Jefferson St)

## **Question, Persuade, Refer (QPR) Suicide Prevention Training**

Tuesday, January 17<sup>th</sup> from 11:30-1:00 at HealthWest (376 E. Apple Ave)

Hosted by the Suicide Prevention Coalition- this training is FREE. Feel free to bring a lunch!

Registration to be posted soon, search “QPR Muskegon” on Eventbrite; link coming on Dec. 21 calendar

## **Strengthening Families Special Program**

Wednesday, January 18<sup>th</sup> from 5:00-7:00 at Pathways Muskegon Office (1760 Wells Ave, 49442)

Hosted by Pathways. Free dinner provided. A family education program which improves communication between parents and youth, increases family bonding and commitment, and reduces the risk of substance use with youth.

Join us to participate in some fun activities!

To sign up: contact Brandon at [bmelnyk@pathwaysmi.org](mailto:bmelnyk@pathwaysmi.org) or 616-396-2301 EXT. 132

## **“Healing Neen” Screening**

Friday, January 20<sup>th</sup> from 1:30-4:00 (location to be posted soon on Eventbrite page)

Hosted by HealthWest- film will be followed by a short discussion.

To register: <http://bit.ly/2gsSwGQ>

## **Resilience Slam Poetry Open Mic Night**

January 21 at 8:00pm at Racquets (446 W. Western Ave)

Hosted by WOLPS spoken word poetry group

No sign up required!

## **“Resilience: The Science of Hope” Community Screening**

Wednesday, January 25<sup>th</sup> from 5:30-8:00 at Muskegon Museum of Art (296 W. Webster Ave)

Hosted by Good For YOUth. Snacks provided and cash bar available. Networking and film screening will be followed by a short discussion panel.

To sign up: <http://bit.ly/2gsS77n>

## **Transforming Stress and Anger for Parents of Chronically Ill Children**

Thursday, January 26 from 11:30-1:00 at the Johnny O. Harris Building (97 E. Apple Ave, Room 117)

Hosted by Children’s Special Healthcare Services

RSVP on Children’s Special Healthcare Services Facebook page

## **Question, Persuade, Refer (QPR) Suicide Prevention Training**

Friday, January 27<sup>th</sup> from 11:30-1:00 at HealthWest (376 E. Apple Ave)

Hosted by the Suicide Prevention Coalition- this training is FREE. Feel free to bring a lunch!

Registration to be posted soon, search “QPR Muskegon” on Eventbrite; link coming on Dec. 21 calendar

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## RESILIENCE MONTH: COMING SOON

More details coming soon on the December 21 updated calendar. Additional events include:

- Trauma Informed Care, Diversity and Inclusion Training
- Forum on Human Trafficking
- Community Yoga
- Project 22 screening
- 22 Push-ups a day challenge
- Men's Health Fair
- Community screening of "Resilience" at Muskegon Family Care
- Community screening of "Resilience" at Access Health
- "Building Resilience" Class at Access Health
- Resilience Month social media toolkit
- ....and more!

The next updated calendar will be available by December 21. If you have an event for us to add please email [acesmuskegon@healthwest.net](mailto:acesmuskegon@healthwest.net) with event name, date/time/location, a short description and registration information. We want to highlight all our community is doing to build resilience. You can find the most up-to-date calendar version at <http://healthwest.net/community-resources/aces-muskegon/>