

# "Together We Thrive"

**Who:** 10-25 yrs old and their families (Allegany and Catt Co)

**What:** Opportunities to learn, grow, and improve all areas of Overall Health and Wellness for youth and their families

**Where:** Over Zoom (at this time)

**When:** Calendars to be distributed at end of each month, with breakdown of next month's events

**Why:** To cultivate Healthy Minds, Bodies and Spirits, as well as build stronger relationships

**How:** Contact Staff for more info on program and Enrollment (Contact Info can be found on back of brochure)

For More Info on the "Together We Thrive" Program...

*Please Contact:*

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Alone we can  
do so little;  
together we can  
do so much.

A Special Thank You for Funding to:



Blue Fund

# Together We Thrive

**Overall Wellness & Community Program**



## ***Directions in Independent Living, inc.***

***Accept, Include, Empower***

A center dedicated to offering limitless opportunities to all people with disabilities. We are a person-centered, peer advocacy organization where choice is paramount to the needs of our consumers.

### ***Focusing on Resilience Building on the Positive***

At-Risk is a concept that reflects a chance or probability. It does not imply certainty. Risk factors raise the chance of poor outcomes, while protective factors raise the chance of good outcomes.

1 Kretzmann, J., McKnight, J.(1993). Building communities from the inside out: a path toward finding and mobilizing a community



Our BLUE Van allows us to come to YOU!



### **At Risk Families and Youth**

“At Risk” can be described using a variety of different definitions. Our “Together We Thrive” Program is designed to focus on improving family and youth relationships and overall Health and Wellness. We are aiming to reach youth and their families who for a variety of reasons are struggling to maintain their health: Physically, Mentally, Emotionally, Spiritually, Environmentally, Socially (etc).

### **Some of these reasons include:**

- Parental Unemployment
- Poverty
- Parental addiction
- Domestic Violence
- Incarcerated family member
- Mental Health issues (Parent/Youth)
- Child with disabilities
- Young single parent
- Parents who grew up in foster care
- Parents who are grieving
- Parents with low self esteem
- Low Parental education levels
- Family Isolation
- Generational dysfunction
- Children who are connected to the street, runaways
- Families affected by changes caused by COVID19 Pandemic