



Public Health
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Canton City Public Health
Nursing

The next Region 6 Ohio Personal Responsibility Education Program (PREP) Coalition meeting will be held on **Wednesday, July 10, 2019** from 10:00 AM-12:30 PM at the Stark Community Foundations Centre, 400 Market Ave. N., Canton, Ohio 44702, in the Goldsmith Conference Room. The meeting will include a training titled ***Building Resiliency: Refilling Your Cup*** by Caitlin Tully, Training and Development Supervisor with The Center for Family Safety and Healing in Columbus, Ohio. Please reference the attached Ohio PREP Coalition Meeting Invitation for more information. Seating is limited. RSVP your attendance today! Lunch will be on your own.

We look forward to seeing you at the meeting/training.

Ohio PREP

Personal Responsibility Education Program

Region 6 Coalition Meeting Invitation

BUILDING RESILIENCY: REFILLING YOUR CUP

Presented By: Caitlin Tully, Training and Development Supervisor



Helping Professionals give from their cup everyday as they offer compassion, empathy and support to others. Sometimes, it can feel like their cup is empty due to stress, exhaustion and heavy workloads. Direct and/or indirect exposure to traumatic stories or events can compromise the health of the individual and the quality of care within the organization. This session will provide staff with tools, insights and strategies to increase individual resilience and enhance the wellbeing of their organization.

Caitlin Tully is a Training and Development Supervisor with The Center for Family Safety and Healing in Columbus, Ohio. She currently coordinates *It's Abuse*, a relationship abuse awareness campaign. The goals of *It's Abuse* are to raise awareness among students of the warning signs of abuse, to educate students about maintaining healthy relationships, and to generate awareness of campus and community resources. In addition, she is a certified trainer of the Safe Dates program through the Hazelden Foundation as well as an authorized facilitator of the Stewards of Children training for Darkness to Light.

July 10th, 2019

10:00 a.m.-12:30 p.m.

Stark Community Foundations Centre
(Goldsmith Conference Room)

400 Market Ave N.
Canton, Ohio 44702

(Lunch on your own)

The Ohio PREP Region 6 quarterly coalition meeting will immediately follow the presentation.

Seating is limited

RSVP by Wednesday, July 3, 2019 to

Molly Malloy at mmalloy@cantonhealth.org or call 330-489-3322



Kelli Trenger
PREP Program Manager
Canton City Public Health

Molly Malloy, RN
PREP Coordinator/Trainer
Canton City Public Health

Frank Catrone, RN
PREP Trainer
Canton City Public Health