



## THE BENEFITS OF INCREASING RESILIENCY

There are many benefits of increasing resiliency in children and adults, including:

### For Children & Adolescents

- Good health
- Cognitive Development
- Social and adaptive growth
- Sense of belonging
- Engagement in school activities
- Academic achievement
- Positive adjustment

### For Adults

- Completion of postsecondary education
- Stable employment
- Good citizenship
- Establishment of stable families
- Good physical and mental health
- Overall life satisfaction



## Disaster Response Program

**For more information or  
to schedule a workshop, contact:**

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If you would like to donate to  
Catholic Charities, Diocese of Trenton,  
Disaster Response Program and/or  
provide direct financial assistance  
to our clients, please contact:

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# Strengthening Our Community by Building RESILIENCY IN A CHANGING WORLD®

Information for schools,  
organizations and other groups

*This program is supported by a  
Hurricane Sandy Recovery Grant from the  
Robert Wood Johnson Foundation.*



## WHAT IS RESILIENCY AND WHY IS IT IMPORTANT TO CHILDREN?

Children exhibit resiliency when they easily adapt to change, cope with loss or recover from trauma. This characteristic is tested in children every day as they learn to navigate through the playground and our changing world.

With resiliency, children can overcome and be strengthened by the adversities of life. The key building blocks of resiliency for children are:

- Being loved by someone, having a role model and trusting others
- Having inner strength, self-esteem and an empathic attitude toward others
- Being able to communicate with others, solve problems and use appropriate social and interpersonal skills.

It is the intention of Catholic Charities' Disaster Response Program, through the implementation of this resiliency curriculum, to foster the growth of resiliency characteristics in the children we teach.



## “REBUILDING RESILIENCY IN A CHANGING WORLD”

This workshop is designed to address the stress that children experience on a daily basis, whether due to typical life tasks or troubling external events. It will promote resilience in youth and

provide support and tools to the adults in their lives (parents and school staff), all through strengths-based education and learning activities.

All of our resiliency workshops are research-based and supported, evolving through evaluation and feedback during a pilot program. Ongoing informal needs assessments and the utilization of current research assists in the continual development of the resiliency program.

### This workshop is divided into three parts/units:

- Part A — Children (grades three, six and ten)
- Part B — Faculty & Staff
- Part C — Parents

Each part is presented in a single session/class period, 40 to 90 minutes in length, and is free of charge.

### The workshop will promote:

- An understanding of the impact of stress
- Resilience building
  - Developing healthy coping skills
  - Strengthening identification of support systems
  - Nurturing personal safety
  - Promoting socially responsible behaviors

### The goals of each unit are to:

- Identify the stressors in life and indicators of stress
- Acknowledge and identify emotions associated with worries or stress
- Brainstorm methods of safe and appropriate expression of the emotions associated with stress
- Identify coping methods of choice to assist in developing resiliency
- Learn possible new coping methods to assist in developing resiliency



- Identify people, places and things which promote a sense of personal and emotional safety within the students' natural environment
- Foster socially responsible attitudes and initiatives
- Provide an opportunity for adults to acknowledge their own personal concerns and support youth's support systems.
- Help parents and faculty understand youth's cognitive, behavioral and emotional reactions to ongoing stress
- Offer professional assistance, consultation and practical tools to support systems in dealing with the concerns of youth in the classroom and home settings

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