



2023 Newsletter



THE YUNION WORKSHOP



Adverse Childhood Experience and Parenting

www.journey2healing.org



www.theyunion.org



Aug 23

We are excited to announce that we have partnered with The Yunion, a non-profit organization that provides life skills training and mentoring for youth and families. The Yunion Workshop is a series of sessions that will help parents learn how to support their children's mental and emotional health. The workshop will be led by Tynikia Bostic, a certified life coach and facilitator.

Our mission

Potentially traumatic events that occur in childhood can have lasting impacts on one's mental and physical health. Some examples of ACEs are abuse, neglect, violence, or having a parent with mental illness or substance abuse problems. Our mission to avoid adverse childhood experiences (ACEs) is to create and sustain safe, stable, nurturing relationships and environments for all children and families.



JOURNEY TO HEALING

SESSION DATES

- **10/25/23:** Back to School: Tips and tool to help parents foster a mentally fit environment (In person/Tentative)
- **11/22/23:** Family Connections: Grief, Loss and Instilling hope (In person/Tentative)
- **12/27/23:** Self-Care & Coping (In person/Tentative)
- **1/24/24:** Young Minds Internet Social Media and Technology (In person/Tentative)

COTS Health Wellness Workshop

A mental health therapeutic support program that aims to help individuals who are experiencing homelessness or at risk of homelessness. The program offers individual and group counseling, case management, referrals, and resources.

The program is open to anyone who is staying at COTS or has been referred by COTS. The program is free of charge and confidential.

Wellness session is every 1st to 3rd Saturday of the month (8:00 AM - 6:00 PM)

Turning Point

A focus group program that aims to help individuals who are facing challenges in their lives such as addiction, trauma, abuse, or mental illness. The program offers a safe and supportive space where participants can share their stories, listen to others, learn coping skills, and find hope. Stay tuned for the announcement.

J2H New Location Crossroad Office Center

at 16250 Northland Drive in the Southfield neighborhood, Southfield, MI 48075. Suite 239



Daily Development Program

EMPOWERING MILD TEMPERED
ADOLESCENT GIRLS TO THRIVE IN SKILL
BUILDING, SOCIAL GROWTH AND
FRIENDSHIP.

CORE COMPETENCIES

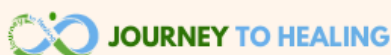
- Domestic Family Life
- Personal Social Development
- Self-awareness
- Citizenship and Community Involvement
- Career Development



The programming date will be TBA

The location will be sent after the participants are confirmed. So stay tuned for coming newsletters.

We will fully move in by August 1, 2023.



FOR MORE INFO: EMAIL SRUSHING@J2HINC.ORG



Journey to Healing | 10231 Puritan, Detroit, MI 48221

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