

SOMERSET COUNTY
**COMMISSION ON CHILD ABUSE
AND MISSING CHILDREN**
APRIL FORUM ON CHILD ABUSE PREVENTION

BOUNCING BACK

Applying the Science of Resiliency



PRESENTER

AMY SAVILLE, LCSW

*Training and Consultation Specialist –
Rutgers University Behavioral
Health Care (UBHC)*

APRIL 10, 2025
9:00 A.M. – 1:00 P.M.

REGISTRATION AND LIGHT BREAKFAST START AT 8:30 A.M.

Raritan Valley Community College

118 LAMINGTON RD • BRANCBURG NJ • 08876

GRAND CONFERENCE ROOMS **A, B AND C**

in the Raritan Valley Community College Event Center

What will be covered: this workshop delves into research regarding resiliency and recovery from adversity. It offers participants concrete strategies for enhancing their own resiliency as well as the resiliency of others under their care or supervision. Appropriate for individuals, parents, teachers, therapists, counselors, and youth workers. Bouncing Back is a dynamic and interactive learning experience, including small group discussion, participant reflection, personal narrative, brainstorming and action planning activities to assist participants in visualizing real applications of the strategic approaches to enhancing resiliency in students, clients, and themselves.

Participants will be able to:

- Define resiliency and describe how it evolves in response to adversity
- Name 5 core elements of resiliency
- List at least 5 new strategies to promote resiliency in children and families
- Develop an action plan to promote resilience in themselves or youth and families they work with

TO REGISTER FOR THIS WORKSHOP,
PLEASE EMAIL

Luisa Hernandez

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or call (908) 704-6333

QUESTIONS & COMMENTS
PLEASE CONTACT

Kristy Soriano

Community Planning Specialist

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(908) 704-6356

Professional Development Certificates will be available.