

RESILIENCE:

THE ORDINARY MAGIC

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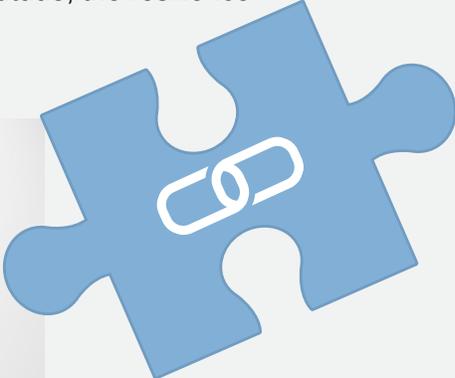
Thursday, November 19 | 12 noon - 1 pm

FREE - You must register to attend

REGISTER

When researchers tried to predict who is most susceptible to mental health challenges, they discovered some people who seemed to be invincible to the risk factors. What super power did those people have that made them different from others? The ordinary magic of resilience.

All of us have resilience within ourselves to help overcome the adversities of life. We just have to learn how to harness it. Jewish Family Service's latest educational talk explores five simple practices of resilience and provides practical tasks attendees can do to make resilience part of their everyday life. As a bonus, attendees will have access to a free bullet journal to practice gratitude, the resilience superpower that takes only five minutes a day.



Talli Goldman-Dolge
CEO Jewish Family Service of
San Antonio



Talli Goldman-Dolge is the CEO of Jewish Family Service of San Antonio.

She is a very visible and vocal advocate for mental health awareness and programs in the San Antonio community, and is involved in similar activities on a national scale. In 2019, she helped form the San Antonio Mobile Mental Wellness Collaborative, a unique group of six mental health nonprofits who provide a holistic approach to mental wellness to school districts.

Talli earned a B.S. Degree in Drama Therapy and a M.S. in Education and School/Community Counseling from SUNY (State University of New York). She has an outstanding history of leadership and service in the mental health community, as well as in previous positions with the Witte Museum and Walt Disney World.

Growing up in a family actively involved in Jewish affairs, Talli exudes passion for the value of Tikun Olam (repairing the world).



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