

The 7C's are the Building Blocks of Resilience

Resilience: The ability to return to being happy and hopeful after bad things happen.

Character

Learn right from wrong

Competence

Help develop skills

Control

Make safe choices

Contribution

Give back to our community

Confidence

Foster belief in one's self

Build positive relationships

Connection

Positively
deal with life's
challenges

Coping

Young people live up or down to the expectations we set for them.

What we do to model healthy resilience strategies for our children is one of the most important things we can do.

SOURCE: Kenneth Ginsburg, M.D., M.S. Ed, www.fosteringresilience.com

ACES



Resiliency – the antidote to ACEs

Adverse Childhood Experiences can include exposure to:

- Abuse
- Substance use
- Loss of family
- Neglect
- Loss of friends
- Violence
- Mental illness
- And more

Resources:

- Center for Parent and Teen Communication
<https://parentandteen.com>
- SAMHSA
- Center for Disease Control and Prevention (CDC)
www.cdc.gov/violenceprevention/cestudy/
- www.acesconnection.com



Monroe County
Prevention Alliance



(585) 753-3011

Brighton.....(585) 242-5200 x5012
DePaul's NCADD-RA.....(585) 719-3482
East Irondequoit.....(585) 339-1525
Fairport-Perinton.....(585) 421-8419

Greece.....(585) 966-2345
Hilton.....(585) 392-1000 x2102
Penfield.....(585) 249-6740
Pittsford.....(585) 267-3677

Rush-Henrietta.....(585) 359-5233
Spencerport.....(585) 349-5245
Webster.....(585) 216-0026
West Irondequoit.....(585) 336-2927