

ROSS COORDINATOR CORNER

Thank you to those who came to the ROSS Meet & Greet last month. For those of you that missed it, my door is always open and I would love to talk with you about what I do and how I may be able to help you.

June was a busy first month for the ROSS Program and I spent a lot of time gathering resources and learning about programs that may be beneficial to you. I am excited to share some of the great resources out there!

In July I anticipate having some guest speakers and programs available to provide you with information regarding some or all of these three areas:

- Health & Wellness
- Financial Literacy
- Digital Literacy (Technology)



NAMI Minnesota offers both online and in-person support groups for adults living with a mental illness and their families.

Online NAMI Connection Support Groups are free, peer-led support groups for adults (18+) living with a mental illness. Gain insight from the challenges and successes of others facing similar experiences. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long. Most online groups meet on www.Heypeers.com
For a list of classes visit: www.namimn.org

See me if you need assistance!



Find your ROSS Program on Facebook at:
www.facebook.com/rossprogram



Disability Pride Month is celebrated every July and is an opportunity to honor the history, achievements, experiences, and struggles of the disability community.

Why July? It marks the anniversary of the Americans with Disabilities Act, landmark legislation that broke down barriers to inclusion in society.

Mid-Minnesota Federal Credit Union
Presents: Identity Theft

Wednesday, July 26
2-3 P.M.
Dining Room



“When you can't control what's happening, challenge yourself to control the way you respond.
That's where your power is.”