



NEXT STEPS

- INTAKE APPOINTMENT**

Prior to attending the first session, participants will complete an intake appointment.

- CONTACT**

Please contact Brandy Hankey at brandyhankey@oshkoshymca.org or (920) 230-8439 to learn more about the program and to schedule an intake appointment.

- MEMBERSHIP BENEFIT**

Participants that do not receive a membership as an insurance benefit will receive a complimentary membership if they participate in a minimum of 4 sessions per month.

"Having a support network in your life and being a part of other people's support networks, means you can add their energy and their mental, emotional, and physical resources to your measure of resiliency."

- Unknown



GROUP PEER SUPPORT (GPS)

At GPS, we know that everyone takes different roads in their lives and travels in different ways to get where they are going. Some might ride a bus in the city, drive a Honda on the highway, or a truck on back roads. Some might walk or bike. Each of us is different. We come from different places, so of course we will travel on unique paths of our own. There is no one, "right" road that works for all people.

But some things are universal. We all need a rest stop. We all need to refuel our tanks. We all need a map and some road signs along the way to help us on our journey. And we all need people to support and guide us when we feel lost or confused.

Only you know where you want to go. Only you know the unique journey that is right for you. You are the driver. We can provide the GPS.

Based on 20 years of experience implementing trauma-informed group models, GPS integrates evidence-based clinical theories and modalities, including Cognitive Behavioral and Interpersonal Therapies, Mindfulness Based Stress Reduction, and Motivational Interviewing to create welcoming, structured group environments that both heal and empower.

GPS Group Peer Support is a strength-based group model that believes in people's inherent ability to navigate their own lives, given the support and respect they deserve.



www.oshkoshymca.org



Oshkosh Community YMCA

BRIGHTER DAYS

SUPPORT PROGRAM



FOR THOSE AGES 55+ THAT HAVE EXPERIENCED THE LOSS OF THEIR PARTNER

SUPPORTED BY:



WHAT IS BRIGHTER DAYS?

A program that includes a support group led by YMCA staff trained in the GPS Model to support grieving individuals, exercise that supports all aspects of wellbeing, and social connectedness to combat loneliness.

GOALS OF THE PROGRAM:

- ✔ To support those, 55+ years old in their grief following the loss of their partner by bringing people of like experience together.
- ✔ To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity.
- ✔ To help participants maintain independence through regular physical activity and falls prevention measures.



Where you are now is not where you will always be. There are **BRIGHTER DAYS AHEAD.**

The Brighter Days Support Program will meet you where you're at both emotionally and physically, every step of the way.



PROGRAM OUTLINE

✔ WEEKLY

Support group led by YMCA staff following the GPS Model. Each session will include mindfulness, check in, discussion, and a closing.. See back of brochure for more information about the GPS Model.

✔ WEEKLY

Small Group Training with a Certified Personal Trainer or Group Exercise Instructor.

✔ MONTHLY

Monthly Enrichment Sessions such as bowling, visiting public attractions, potluck socials, and more!

The program is offered on a continuous basis, rotating between Oshkosh Y locations. Participants are not required to attend all sessions and are encouraged to choose the sessions that best suit their needs.

