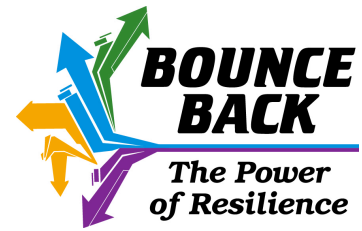




**GIERS**  
Grief Information Education  
and Recovery Services



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### **Surprising Strategies to Bounce Back from Life's Challenges**

Healing comes in all sizes and shapes. Opal, a therapy dog, will be an important member of the staff of the 3<sup>rd</sup> annual Bounce Back: The Power of Resilience Conference on Nov 12, 2016, 9:00 to 4:00, at the Jack Aaronson Conference Center at CentraState Star & Barry Tobias Ambulatory Campus, Freehold.

“We never know when a life-changing event can turn our life upside down. It is because none of us is immune to the bumps in life that Bounce Back: The Power of Resilience was conceived”, explains Bernice Garfield-Szita, MS, LPC, co-founder of GIERS: Grief Information, Education & Recovery Services.

“This enlightening full day conference will educate, empower, and enrich community members and the healthcare and educational professionals who serve them”, continues, Bob Szita, MS, LPC, Co-Director of GIERS.

“After more than 3 decades of helping people work through serious life issues we have found that each person is unique in their healing process and that the arts, psychodrama, humor, movement, meditation, pets, and many other complimentary tools can be enormously helpful”, said Ms Garfield-Szita.

“This year’s conference program includes keynote speakers Barbara McMorrow, Mayor of Freehold Township and Regina Rosenthal, PT, MA, RYT-200, renowned author... Our breakout sessions highlight, *The Power of Pets, Addictions from a Frontline Perspective, Laughter Yoga, Storytelling as a Healing Strategy, Journaling as a Tool for Managing Grief and Understanding and Supporting Children & Grief*”, said Bob Szita.

For more information and to register for Bounce Back: The Power of Resilience Conference, call 732-577-1076 or go to [www.GIERS.org](http://www.GIERS.org).

Photo Caption:

Therapy Dog, Opal, show here chilling at the beach, will attend Bounce Back: The Power of Resilience Conference with her human companions Jodi & Scott Basen,!

*The worst of times can be our greatest teacher.*