



Resiliency Center Newsletter

Issue #4

October 2015

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Upcoming Activities

at The Resiliency Center

[Mindfulness Skills for
Everyday Life](#)

December 1, 2015

If you struggle with memory or organization issues, the Brain Injury Association of Massachusetts offers the following Strategies to intervene and optimize your functioning

[Memory and
Organization
Strategies](#)

Resiliency Center Event Recap

At the invitation of the World Trade Center Survivors Network and the VOICES of September 11th program, members of the Resiliency Center Community joined 9/11 survivors, and professionals for events commemorating the 14th anniversary of the September 11th attacks on the World Trade Center.

For a recap of the Anniversary Commemoration Activities, click [here](#)



A few Resiliency Center Community members who attended these commemorations offered reflections on their time in New York. To read their reflections, click [here](#)

Did you attend or call into the Resiliency Forum on October 21? Do you have suggestions for future forums?

If so, please tell us about your experience and ideas by filling out an evaluation at the link below.

[Evaluation](#)

Purpose:

The Resiliency Center Newsletter is committed to providing information that promotes recovery and resilience, monthly special features, and updates on a regular basis. Updates will be sent through the newsletter each month.

Contact Us:

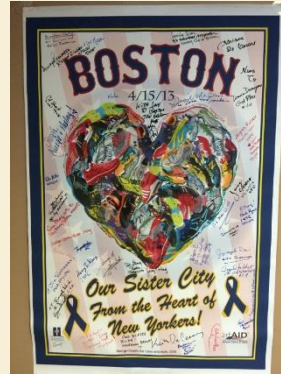
1-844-STRONG1
1-844-787-6641

Location:

1208 VFW Parkway
Suite 201
West Roxbury,
MA 02176

Members of the World Trade Center Survivor's Network and the Friends of St. Paul's Chapel's World Trade Center Relief Ministry gifted the Boston Marathon community with this poster created by artist Keith DeCesare as a gesture of support and unity. For more information about the poster and Keith's work, click

[here](#)



A Resiliency Forum:

Improving Functional Abilities After a Blast Injury

The Resiliency Center hosted a two hour Educational forum on October 21, 2015 with presenters Dr. Neal McGrath, a nationally recognized concussion expert, and representatives from the Brain Injury Association (BIA) and Statewide Head Injury Program (S.H.I.P.) of Massachusetts. Breakout sessions were also held and included TBI screenings conducted by SHIP and a presentation on Strategies for memory and organization by the BIA. Dr. McGrath's presentation aimed to provide information on blast injury sustained concussions (mild traumatic brain injury) and PTSD and how they may interact when both are present. The PowerPoint presentation entitled,

"Understanding the Effects of Blast Concussion and PTSD" can be viewed

[HERE](#)

Community News

Krystle Campbell Peace Garden Dedication



Quick Link:

Resiliency Center
Website

[maresiliencycenter](#)



The Crystal Campbell Groundbreaking Ceremony to the newly designed Peace Garden was held in Medford Massachusetts on Sunday, October 18, 2015 to honor the life of Crystal Campbell and her family. Alyssa Fuller, Survivor Advocate at the Resiliency Center attended this event along with many others. Here are some of her reflections from the Ceremony

Reflections