



Reinforce Family Resiliency

Resiliency is defined as “an ability to recover from or adjust easily to adversity or change.” Reinforce Family Resiliency includes the skills of individuals and the interaction of members to face social, environmental, systemic, and economic challenges every day. The Family Resiliency Program (FRP) provides interactive workshops and outreach activities to individuals and families on a variety of topics, including relationship building, healthy aging across the life span, disaster preparedness, grandparenting, and youth development. CE&O workshops utilize evidence-based curricula developed and implemented across the country, then adapted for use on Guam. When the challenge of COVID-19 required individuals to stay at home, the process of aging didn’t stop. The Healthy Aging Across the Life Span/ Keys to Embracing Aging workshop moved to a digital delivery to allow participants to engage at their own pace and at their discretion. The nine keys encompass lessons that enhance the process of aging through life development. Within the lessons, participants learn the importance of being prepared as individuals, in the household, and as a part of the community. Upon completion of the nine lessons, participants receive their starter “emergency tool-kit” as reinforcement of concepts, ideas, and information shared during the lessons. The tool kit has initial supplies to address family needs in emergency situations but also includes information on Extension resources for multiple topics and their access. As individuals and families participate in various Extension programs, supplies are added to the tool kits to prepare for unforeseen circumstances.



If you are interested in learning more about this program, reach out to our Extension Professionals below:

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