

"Together We Thrive"

Who: 10-25 yrs old and their families (Allegany and Catt Co)

What: Social/Support Groups, Physical Activity Challenges, Healthy Recipes and Produce Distribution, Activities to cultivate Healthy Minds (all done via Zoom at this time)

Where: Cattaraugus and Allegany Counties

When: Weekly Zoom Meetings or Monthly Check-ins (flexible)

Why: To cultivate Healthy Minds, Bodies and Spirits, as well as build stronger relationships within Community

How: Contact Staff for more info on program and Referral Process (Contact Info can be found on back of brochure)

For More Info on the "Together We Thrive" Program...

Please Contact:

Emily Sullivan
esullivan@oleanilc.org
716-307-1062

OR

Chris Hoff
choff@oleanilc.org
716-307-2407

Alone we can
do so little;
together we can
do so much.

A Special Thank You for Funding to:



Blue Fund

Together We Thrive

Overall Wellness & Community Program



Directions in Independent Living, inc.

Accept, Include, Empower

A center dedicated to offering limitless opportunities to all people with disabilities. We are a person-centered, peer advocacy organization where choice is paramount to the needs of our consumers.

Focusing on Resilience Building on the Positive

At-Risk is a concept that reflects a chance or probability. It does not imply certainty. Risk factors raise the chance of poor outcomes, while protective factors raise the chance of good outcomes.

1 Kretzmann, J., McKnight, J.(1993). Building communities from the inside out: a path toward finding and mobilizing a community



Our BLUE Van allows us to come to YOU!



At Risk Families and Youth

“At Risk” can be described using a variety of different definitions. Our “Together We Thrive” Program is designed to focus on improving family and youth relationships and overall Health and Wellness. We are aiming to reach youth and their families who for a variety of reasons are struggling to maintain their health: Physically, Mentally, Emotionally, Spiritually, Environmentally, Socially (etc).

Some of these reasons include:

- Parental Unemployment
- Poverty
- Parental addiction
- Domestic Violence
- Incarcerated family member
- Mental Health issues (Parental and Youth)
- Child with disabilities
- Young single parent
- Parents who grew up in foster care
- Parents who are grieving
- Parents with low self esteem
- Low Parental education levels
- Family Isolation
- Generational dysfunction
- Children who are connected to the street, runaways