



**Western Colorado Chapter  
Hearing Loss Association of America Presents  
Free Monthly Meeting  
Saturday, April 6, 2019**

**Building Resiliency and  
Steps to Well-being**

**Amy Gallagher, Psy.D., Licensed Psychologist**

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress. Most people generally adapt well over time to life-changing situations and stressful conditions. What enables them to do so? This program will focus on the steps and strategies anyone can take to improve their well-being and happiness by focusing on individual's unique character strengths.

Amy Gallagher, Psy.D., Licensed Psychologist, is the Vice President of Whole Health, LLC, a subsidiary of Mind Springs Health, Inc. in Grand Junction, CO. As Vice President, she is responsible for training and supervising a multi-county team of Community Health Workers and with building strong relationships between the payer plan, medical offices, and other agencies. Previously, she directed an APPIC-membered, pre-doctoral psychology internship program. Her research interests include integrated care initiatives, health care reform, affective supervision and consultation, resiliency, and positive psychology.

**People of all ages and all types of hearing loss are welcome!**

This free meeting will be accessible to people with all types of hearing loss. We will offer captioning, ASL Interpretation, and an induction loop system. Family member and friends are invited to attend this special meeting! Refreshments will be served. RSVPs are not required, but are welcome. Attendees are encouraged to take the character strengths survey at <https://www.viacharacter.org/www/>

**Saturday, April 6, 2019  
10:30 am - 12:30 pm  
Center for Independence  
740 Gunnison Avenue  
Grand Junction, CO 81501**

**For questions or further information contact:  
Amy Beckett: [HLAAWCO@gmail.com](mailto:HLAAWCO@gmail.com) Or 970-241-2592**

More about the Hearing Loss Association of America: [www.hearingloss.org](http://www.hearingloss.org)

More about the Western Colorado Chapter: [www.hearinglosswco.org](http://www.hearinglosswco.org)

More about the Center for Independence: [www.cfigj.org](http://www.cfigj.org)

More about the Rural Interpreting Services Project (RISP): <https://ccdhh.com/index.php/risp/>

More about Mind Springs Health: [www.mindspringshealth.org](http://www.mindspringshealth.org)