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Published on Personal Safety Nets (<https://personalsafetynets.org>)

- Post date: July 22, 2020

[Contact](#) [1]

Personal Safety Nets is a program of the Wallingford Community Senior Center.

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- Post date: January 6, 2017

[What's New?](#) [2]

Personal Safety Nets is now a program of the Wallingford Community Senior Center!Website Updated 2020Links updated, Various content updated.Newsletter LibraryCheck out our final newsletter from December 2016!Also, check out our favorite new resources:

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- Post date: April 13, 2016

[Disclaimer](#) [3]

As Personal Safety Nets (PSN) has been transitioning we've attempted to compile all we've learned onto this website, in a way that is useful to as many as possible.

[Read more](#) [3]

- Post date: December 31, 2015

[Read Aloud Book: "There's NO Such Thing as a Dragon"](#) [4]



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- Post date: December 30, 2015

[Certified Teachers](#) [5]

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[Session Ice Breakers](#) [6]

PSN Scavenger Hunt

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[Asking Exercise](#) [7]

First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

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[Problem-Solving Scenarios](#) [8]

Group Action ExerciseNote: These scenarios can be used in a class situation (assign individuals and/or groups to do one or more) and follow up with a discussion for the entire class, or simply considered by the classroom in an open discussion. They can also be given as homework or research assignments.



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[Agenda Sample - Three Hours](#) [9]

Agenda Overview
What is a personal safety net (PSN)? Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
8 Pillars of Resilience
What Research Says About Working in Groups

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[Agenda Sample - 90 Minutes](#) [10]

Agenda Overview
What is a personal safety net (PSN)? Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
8 Pillars of Resilience
Asking for Help
Using a Wallet Card
HANDOUTS/ACTIVITIES

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Agenda Overview
What is a personal safety net (PSN)? Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
8 Pillars of Resilience
Using a Wallet Cards
HANDOUTS/ACTIVITIES

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[Agenda Sample - 2-part - Two Hours](#) [12]

Agenda Overview



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