GILROY STRONG
Resiliency Center

We are here for you. What helps to aid resiliency after trauma can be answered by looking at the exposure to the event, the time frames within which people tend to move through recovery, social supports and the influences of our life experiences such as previous trauma and learned coping skills.

As we approach the one-year anniversary of the Gilroy Garlic Festival shooting, the GSRC invites you to participate in our psychoeducation groups, workshops, and individual counseling sessions to help you address the trauma that resulted from the shooting and to help build resiliency.

ALL SERVICES ARE FREE

For more information or to register please call or email the GSRC:
(408) 209-8356
gilroystrong@dao.sccgov.org

Click here to follow GSRC on Facebook
Or finds us @GSRC.DAO

Calendar of Events

Virtual Drop-in Mindfulness Sessions
Weekdays  8:40am – 9:00am  Click here to join
Join us for connection and guided meditation, hosted by Community Solutions. No registration is necessary.

Teen Volunteer & Attendees Support Group
July 9th through August 13th  4:00pm – 6:00pm
Support group for youth ages 13-19 who were at the GGF and were impacted by the shooting. The group will meet for six sessions on Thursdays at DreamPower Horsemanship located at 7460 Crews Road, Gilroy, CA 95020. The group will be facilitated by Martha McNeil, LMFT and other DreamPower therapists.

Drop-in Psychoeducation Workshop
July 12th 3:00 – 5:00pm (in-person)
July 19th  3:00 – 5:00pm (virtual)  Click here to join
Join us for a single-session educational workshop to learn how we can work together towards recovery. We will discuss common reactions as we approach the anniversary, post-traumatic stress and how to identify the signs, and what you can do to support yourself and your family. There will a time for Q & A.

Individual Counseling:
Licensed therapists are available to provide individual in-person or telehealth sessions to victims, family members, first responders, and anyone impacted by the Gilroy Garlic Festival shooting. Please call or email the GSRC to set up an appointment.