

Post date: July 22, 2020

Contact [1]

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

Read more [1]

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:

Read more [2]

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.

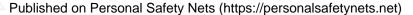
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• Post date: December 31, 2015

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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Post date: December 30, 2015

Asking Exercise [7]

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

Read more [7]

• Post date: December 30, 2015

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.

Get Started

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Recent Posts

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Post date: December 23, 2015

Agenda Sample - Three Hours [9]

Agenda OverviewWhat 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 ResilienceWhat Research Says About Working in Groups

Read more [9]

Post date: December 23, 2015

Agenda Sample - 90 Minutes [10]

Agenda OverviewWhat 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 ResilienceAsking for HelpUsing a Wallet Card HANDOUTS/ACTIVITIES

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Post date: December 23, 2015

Agenda Sample - 45-60 minutes [11]

Agenda OverviewWhat 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 ResilienceUsing a Wallet Cards HANDOUTS/ACTIVITIES

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Post date: December 23, 2015

Agenda Sample - 2-part - Two Hours [12]

Agenda Overview

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