



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L
January 2026 ROSC Meeting

Call to Order by Shaquita Harris

Date: January 21, 2026

Time: 9:30 am – 11:00 am

Location: Lights of Zion

11636 S Halsted Chicago, IL

MEETING AGENDA

Introduction of Attendees- Shaquita Harris

Moderator- Shaquita Harris

Why ROSC is important.....Shaquita Harris

Introduction of the Speaker: Arain Mickens

Speaker- Vashti Hatch (Comfort & Solace Counseling Services)

Topic: Recognizing Emotions and Balancing Reactions

Questions & Answer

Announcements & Upcoming Events

Next ROSC Meeting 2/18/26

Zoom

Meeting Summary:

Recognizing emotions and balancing reactions is an important part of emotional regulation, which helps people understand what they're feeling and respond in healthier, more intentional ways. When someone can identify their emotions accurately—whether frustration, sadness, anxiety, or excitement—it becomes easier to understand what triggered the feeling and what they might need in that moment. This awareness supports better decision-making and reduces the likelihood of reacting impulsively or in ways that might worsen a situation.

Balancing reactions means learning how to pause, consider options, and choose a response that aligns with your goals, values, and well-being. This skill is especially important during stressful or emotionally charged situations. It helps prevent misunderstandings, supports healthier relationships, and improves overall mental health. Together, recognizing emotions and balancing reactions strengthens resilience, increases emotional stability, and empowers people to navigate challenges more effectively.



Bounce Back to Life Attendace Roster August 2025 ROSC Meeting

Name	Email	Sector
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