Cleveland Family Center for Missing Children & Adults, Girls with Sole and Strongstyle Training Center Present

The Cleveland Family Center is proud to announce the partnership with Strongstyle Training Center and Girls with Sole. It is the mission of the Cleveland Family Center to encourage collaborative partnerships with our local organizations to encourage positive and structured prevention and training methods for our Northeast Ohio families who have dealt with or are dealing with a missing person incident.

During a missing person event, the amount of stress can be overwhelming and confusing. Studies show that physical activity can reduce stress and improve mental fitness.

The following two step approach would allow for a structed approach to regaining your emotional and physical strength during the active missing person event and upon recovery of the missing person.

STEP 1: Active Case

During the missing person event, this collaboration believes finding time for physical activity can help ease the stress on your body and clear your head which will allow you to relax at night so your body can get the sleep it needs to recover and remain focused. The collaboration would allow the immediate family members access to the Strongstyle Training Center to achieve their mission on regaining their emotional and physical strength while finding their place of refuge away from the search and investigation where you can be alone with your thoughts and regroup.

STEP 2: Recovery Phase

Maintaining a structed routine upon the recovery of a missing person can be vital to setting an appropriate and healthy tone to start the recovery and reunification process. The Strongstyle Training Center and Girls with Sole foundation will provide multiple programs to assist with this process in creating a safe and structured environment to help assist the family in creating healthy habits and building self-confidence and discipline through physical fitness.

"Sometimes a missing persons event is a marathon and not a Sprint"