

"Resiliency: Bounce Back Stronger"

Thursday, August 12th, 2021

3:00 - 4:30 pm
Location: Online
Free Event!

The author of "The Resiliency Workbook", Nan Henderson, MSW, will be presenting a seminar on how to grow your personal resilience, and foster resilience in others with a strength-based approach. The Workbook demonstrates what resiliency building looks like in everyday life, and practical solutions you can start using today. Please join us on this journey as we begin the process of community-level healing.

[Register Here!](#)

Participants can pick up their Workbook on Aug 2nd- 5th, prior to the seminar. Times and locations to be announced via email.

