



# Helping you with Resources for

# RESILIENCE

*The global pandemic and subsequent accelerated pace of rapid change are transforming our professional, political, scientific and personal environments. Our success and happiness depend on our ability to tap into our inherent resilience as human beings and transform how we think and behave in order to thrive in this whirlwind era of our lives.*

**We have put together a series that is sure to bring support where needed.**

Our Resilience Workshops are one hour long, monthly sessions that provide research-based strategies and tools to help you cope and build resilience.

## Here's how it works:

- Third Thursdays of every month
- 60-min workshops providing a different tool and resource each month
- Monthly themes
  - JANUARY - Clearing the Clutter
  - FEBRUARY - Respectful Workplace: Civility in the Workplace
  - MARCH - Understanding Depression and Anxiety: Help is Available
- Register by clicking the monthly theme

Starting Thursday, January 20th  
4 p.m. – 5:00 p.m.

