



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, register by clicking on the title.

[APRIL 21 - Supporting Your Mental Health with Self-Care](#)

[MAY 19 - Reflections](#)

[JUNE 16 - The Art of Possibility](#)

This is a great time to remember your behavioral health benefit for those medically enrolled. For more information click [here](#).

Starting Thursday, April 21 at
4 p.m. – 5:00 p.m.

