

THE BUILDING COMMUNITY COMPASSION



VIRTUAL SPEAKER SERIES

EPISODE #08

THURS. MAY 27TH · 12PM-1:30PM

BRIDGING THE GAP: BUILDING RESILIENCY



More and more, the term '*Resilience*' has been making its way into our everyday vocabulary. But what does it mean? Although genes do play a role, the most significant role in resiliency is our commitment to learning resiliency-based skills throughout our lives. How can we adapt to negativity, stress, pain and uncertainty? Through this month's Building Community Compassion Virtual Speaker Series we hope to provide an introduction to resiliency skill-building through a thought-provoking self-exploration of our thinking habits, stress management capabilities and identifying strengths.

There will be a community discussion following the presentation.

HOSTED BY:

JHENIFFE DELSOL-GAUTHIER,
RESILIENCY TRAINER & COMMUNITY WORKER

TUNE IN ON ZOOM!

This webinar will be hosted on zoom.
The link to join us will be posted on our
Event Page on Facebook.

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Canadian Mental
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Mental health for all