

**TRAINING AND COUNSELING CENTER**

# **RESILIENCY WORKSHOP:**

**PROMOTING GROWTH AND HEALING AFTER THE  
IMPACT OF STRESSFUL TIME PERIODS**



Resilience is our ability to overcome and work through difficult situations and life's challenges. Positive experiences help strengthen resilience by building skills. As resilience and other skills are built, we are able to buffer the impacts of high or toxic stress and trauma. It is important to start building resilience early in childhood and throughout our entire life. Our workshop will explore the resiliency skills that you will find useful in your daily lives. We welcome adults, community helpers and educators, and caregivers for children and teens.

**CONTACT [LELLIS@TACCATSTLUKES.COM](mailto:LELLIS@TACCATSTLUKES.COM) IF INTERESTED!**