



Canadian Mental
Health Association
Nova Scotia
Mental health for all

CMHA NS VIRTUAL WORKSHOP

REBUILDING OUR RESILIENCE

GUYSBOROUGH, NS

SEPTEMBER 21|21 2021

9 A.M. - 12 P.M. VIA ZOOM

CAPACITY: MAX 30 PARTICIPANTS



TO LEARN MORE VISIT: [NOVASCOTIA.CMHA.CA/REBUILDING-OUR-RESILIENCE/](https://novascotia.cmha.ca/rebuilding-our-resilience/)

By now you're probably familiar with the term 'resilient.' But what does it mean to be resilient?

Psychologists define resilience **as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.**

As much as resilience involves "bouncing back," it can also involve profound personal growth.

This workshop offers tips and techniques for anyone looking to manage stress, build their coping skills and learn to thrive.

DEVELOP YOUR RESILIENCE THROUGH:

- **SELF-AWARENESS**
- **SELF-MANAGEMENT**
- **SOCIAL AWARENESS**
- **RELATIONSHIP MANAGEMENT**
- **RESPONSIBLE DECISION MAKING**

TO REGISTER:

*** Please Note: There is no fee for this workshop but you must register for both dates to be eligible to attend. ***

**Contact: Glenn Rodgers at
glenn.rodgers@novascotia.cmha.ca
with the following information:**

- **Name:**
- **Location/Town:**
- **Date of Sessions:**