

Understanding the impact of resiliency on our mental health

Please join us as we discuss the importance of maintaining positive mental health within your congregations. From recognizing signs of anxiety and/or depression to understanding what resources are available, we'll cover several topics you won't want to miss.



Understanding Resiliency

June 8 | 12 - 1 p.m.

PRESENTER

Dustin Webb, LCSW

Discussion topics will include:

- Explore resilience theory to understand why we cope with hardship differently
- Discuss the types of resilience.
- Understanding our role in identifying, nurturing and improving our resilience.



Please join us for this virtual training event via Microsoft Teams.



Please scan this QR code to add the information to your calendar

