



Canadian Mental
Health Association
Nova Scotia
Mental health for all

WORKSHOP

REBUILDING OUR RESILIENCE



When something goes wrong, do you tend to bounce back or fall apart?

When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or loss.

Resilience won't make your problems go away – but it can give you the ability to see past them, find enjoyment in life and manage stress.

If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.

This workshop offers tips and techniques to help manage stress, build coping skills and improve relationships.

PLEASE NOTE: This session is not a clinical training, but rather an opportunity to raise awareness about mental health and offer tools and techniques to manage stress, strengthen coping skills and build resilience.

DEVELOP YOUR RESILIENCE THROUGH:

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

Details:

Duration: 180 minutes (3 hrs)

Fee: \$600 plus tax (*non-profit rate available. Inquire within*)

Who Should Attend? This workshop is for adults 18 and over.

Type: This is a virtual workshop offered over Zoom. (Max 25 participants)

Audience: Everyone is welcome.

To register or request information please contact Elizabeth Baker, Education and Training Lead at elizabeth.baker@novascotia.cmha.ca