Stronger Than I Thought I Could Be: Building Resilience for Life’s Rough Patches

Many of us have experienced or know people who have experienced difficult life events. Examples include the ending of a significant relationship, loss of a loved one, community tragedies and physical or emotional harm. Many of us struggle with the painful thoughts and feelings resulting from these events. This presentation will help you to develop resilience by:

- Understanding common reactions to loss
- Broadening your perspective
- Practicing acceptance and mindfulness techniques
- Intentionally committing to a meaningful life

The presentation will be relevant for those who have experienced painful or challenging life events and anyone who wants to help friends or family through difficult times.