

Community Education Service



Improving emotional health and well being

Resilience

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Resilience is the capacity to recover quickly from difficulties or hardship. So what makes humans resilient? And what is the role of resilience in our lives? Additionally, how does resilience relate to mental wellbeing? Resilience can also help offset factors that increase the risk of mental health conditions and can help keep mental health concerns like depression or anxiety at bay. Come join us for this presentation as we uncover the five pillars of resilience: self awareness, mindfulness, self care, positive relationships & purpose. By strengthening these pillars, we in turn, become more resilient.

FREE LEARNING

May 18, 2021

1:00 PM – 3:00 PM

Registration Required



This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Closer to Home Community Home**.

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