



Recovery
Alberta



COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Building Resilience and Well-being Through Everyday Actions

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Wednesday Dec 7 2026

12:00 - 1:30 PM

In this inspiring webinar, we explore how resilience is about more than getting through hard times. Using 3Rs: Routine, Resources, and Relationships, a framework built on decades of research, we share how simple actions can reduce the impact of stress and builds a strong foundation for a healthy, fulfilling life. These everyday practices can help us feel our best and support the well-being of those around us.

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