



Resilience Workshops

Resilience is more than just recovering from loss, trauma, or ongoing difficult circumstances. It is about recognising and growing a durable inner strength, developing mental resources, and developing an underlying sense of joy and peace.

In this free 2 part workshop we will seek to:

- Identify stressors and negativity biases
- Recognise our responses and their impact
- Identify ways to build skills and mindsets
- Further develop strengths and skills in resilience
- Provide you with tools to use outside the workshop

Both workshops will be held online via Zoom.

Support to use Zoom prior to the workshop is also available.

Part 1 Thursday 5 August 10:00am to 12:00pm

Part 2 Thursday 12 August 10:00am to 12:00pm

Numbers are limited and registration is required

Email: admin@pdcnsw.org.au

Phone: 1800 688 831

Register: www.pdcnsw.org.au/workshops/resilience/

Funded by the Australian Government Department of Social Services.

Visit www.dss.gov.au for more information.