



Mat kuusperk
Honspadag gewpkacud

BUILDING RESILIENCE

with Coach Christine

BEGINNING **29** APRIL 2026 | MAY 2026 **20** ENDING

11:30AM - 12:30PM

In this 4-week Resilience series, WellPath Coach Christine Eley, will explore stress and resiliency. Each week she will provide information and resources on how to build skills to increase your ability to be more resilient.

AGENDA

REGISTER HERE



- Creating a more positive outlook and sense of control
- Viewing challenges and adversities as opportunities for learning
- Actively working on your personal growth
- Finding meaning in your life
- Putting healthy problem solving and coping strategies into place
- Developing social connections



WWW.SRPMIC-NSN.GOV/WELLPATH/



WELLNESS@SRPMIC-NSN.GOV