



Relationship
Education

Life Can Be Tough- Bend Don't Break

Workshop Overview:

Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviours. But what does resilience look like? It is definitely not a matter of being tough in every circumstance no matter what life throws at you; and it is not a fixed trait which a lucky few inherit. This seminar will give you the opportunity. to explore how resilience contributes to your health and wellbeing as well as some practical ways to enhance your resilience throughout your life.

Venue: Geoffrey Sambell Centre 23 Adelaide Terrace EAST PERTH

Date: Wednesday 17th May 2017

Time: 6.15pm – 8.30pm

Cost: \$18.50

Register today
9263 2121

or email education@anglicarewa.org.au

  anglicare.org.au

