

Caregiver Workshop

Building Resilience

Brought to you by School Council
and CMHA Waterloo Wellington

February 2nd, 2023 | 7:00 pm - 8:00 pm
Hespeler Public School Library

Resilience is the ability to adapt and bounce back when things don't go as planned. It is a process, not a personality trait.

This session will offer tips and strategies to build the bounce back factor.

Presented by:

Jessica Schumacher

CMHA Waterloo Wellington



Due to the mature nature of this session, we ask that children do not attend