

# Building Resiliency

Learn about resiliency and gain coping skills.

Discover the fundamentals to thriving despite  
overwhelming obstacles.

Explore the means to post-traumatic growth.



Wednesday, November 28, 5:30—7:30pm  
ICES Office, 20993 Niagra River Drive, Sonora  
Limited child care is available for this class; call early!

**RSVP: (209) 533-0377**



**Raising Healthy Families**  
Infant/Child Enrichment Services



*Class funded by:*

