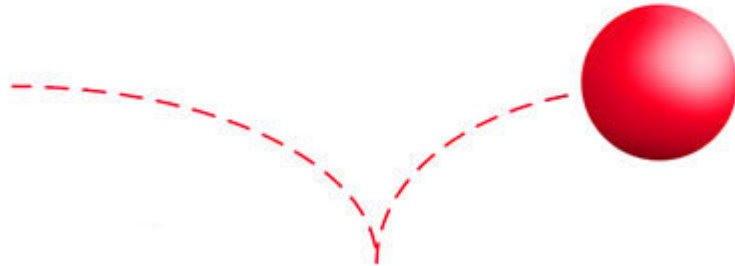


**Unity of Greater Hartford**  
**Sunday Morning Class**

# **Resilience**



## **Building Resiliency & Bouncing Back** Sundays, May 7 through May 28 - 9 am

Do you ever wonder why some people bounce back from events or circumstances that take us off course better than others? It's about Resiliency!

Learn about the traits resilient people possess and how you can foster those same traits within yourself.

*Attend all four or just one or two. Attend on a Love offering basis.*

- **May 7th** • will be an introduction to the concept of Resiliency; what are the traits and tools that make us resilient. Facilitator: Leah Bell, LCSW
- **May 14th** • we will explore further how to put these tools into everyday practice. A portion of this class will be experiential in nature. Facilitator: Leah Bell, LCSW
- **May 21st** • will focus on the importance of resiliency when dealing with addiction issues. Facilitators: Deb Giddings & Scott Harrison
- **May 28th** • will specifically deal with the constancy of change in our lives and how resiliency can assist us in moving forward. Facilitators: Rita Faith MacRae & Agnes Rose

The book, "*Emotional Habits: The 7 Things Resilient People Do Differently (And How They Can Help You Succeed in Business and Life)*" is recommended for this class and it is available at our Bookstore for \$7.99.



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