



Resiliency Workshops



Helping Service Members, Veterans, and Military Families

The Red Cross resiliency program offers three distinct programs: Coping w/ Deployments (psych first aid), Reconnection Workshops, and Mind-Body Workshops. All are different, and all aim to help participants build their resiliency skills.

Join us to learn how Red Cross workshops can provide resiliency skills training as a full program or to support your own programming. All workshops are free of charge and facilitated by Red Cross mental health professional volunteers.

In partnership with Building Healthy Military Communities

May 12, 2021

10 am to 11 am EST

Register here:

<https://www.eventbrite.com/e/red-cross-resiliency-program-partner-presentation-tickets-151222294955>