

HearMe Workshops

Resilience & Self Care

Stonehaven Community
Centre

Friday 1st February
12pm - 2pm

Refreshments provided

Pop Up Workshop

resilience

/ri'ziliəns/ 

noun

1. the capacity to recover quickly from difficulties; toughness

2. the ability of a substance or object to spring back into shape; elasticity

EMAIL OR PHONE US TO LEARN
MORE AND BOOK YOUR PLACE

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for Scotland's mental health

