

HearMe Workshops

Resilience & Self Care


Deeside Community
Centre, Aboyne

Tuesday 5th March

12pm - 2pm

Refreshments provided

Pop Up Workshop

resilience
/rɪ'zɪliəns/ 
noun

1. the capacity to recover quickly from difficulties; toughness
2. the ability of a substance or object to spring back into shape; elasticity

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for Scotland's mental health

