

HearMe Workshops

Resilience & Self Care

Fraserburgh
Community Centre

Friday 15th 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

enquiries@mylifedynamic.org.uk

0300 1234 677

www.mylifedynamic.org.uk



for Scotland's mental health

