

HearMe Workshops

Resilience & Self Care

Garioch Community
Centre, Inverurie

Tuesday 12th March

12pm - 2pm

Refreshments provided

Pop Up Workshop



resilience

/rɪˈzɪljəns/ 

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

