

# HearMe Workshops

## Resilience & Self Care

Buchan House,  
Peterhead

Friday 15th March

12pm - 2pm

Refreshments provided

### Pop Up Workshop



resilience

/ri'zi:liəns/ 

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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