

# RESILIENCE WORKSHOP

The Resilience Center invites you

**International undergraduate & graduate students**

to a two-session workshop to reflect on the challenges of the past year in Israel, especially regarding the distance from your families and the struggles following the war.

Join us to build personal resilience, connect, share experiences, and gain tools to better cope with life's challenges.

**REGISTER HERE**



**Wednesday, 21, 28 May**

12:30-14:30 Pm



**Ulman Building Class 505**

Technion



**Inbar Ben-Ami Behiri**

Director of Emotional First Aid



**PERSONAL  
EMPOWERMENT FOR  
SUCCESS**

**STRESS  
MANAGEMENT &  
SELF-CARE**

**INVESTING IN WELL-  
BEING**



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**הטכניון**

מכון טכנולוגי לישראל

מרכז חוסן

