

RESILIENCE WORKSHOP

Supporting Balance, Focus, and Well-Being during a challenging period

- ♥ *Practical tools for managing stress and staying focused*
- ♥ *Strategies for emotional regulation and resilience*
- ♥ *A safe, supportive group space for reflection and connection*



Inbar Ben-Ami Behiri
Psychotherapist and Certified Facilitator



Sunday- May 10, 17
09:00-11:00 AM

Light refreshments will be served at each session ☕



TBD

**PERSONAL
EMPOWERMENT**

**STRESS MANAGEMENT
& SELF-CARE**

**INVESTING IN WELL-
BEING**



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