

Resilience Building

Check your
email for
calendar invites
and Zoom
information!

STAFF SUPPORT SESSIONS

Resilience is the powerful ability to recover from stress, illness, depression and adversity.

The more resilience we have, the better able we can weather stress and difficult situations.

Even a global pandemic.

Let's come together to learn and practice strategies to build resilience. Then, share what we are learning within our MORA teams *and with the people we support.*

- 30-minute feel-better activities led by MORA staff
- Virtual in Zoom or join by phone
- Open to all staff. Full or part time, salaried or hourly.
- Completely OK to join in while doing direct care!
- **Look for email invitations from Communications, Jessica Gallo and add to your Outlook calendar (jgallo@mtolivet-mora.org)**

TUESDAY,
January 5
10:00 am

WEDNESDAY,
January 13
7:00 pm

THURSDAY,
January 21
2:00 pm

WEDNESDAY,
January 27
10:00 am