



NEW AND EXCITING!  
**ADULT RESILIENCE GROUP**  
**“STRONG NOT TOUGH”**

---

**DATE:** STARTING SOON, EVERY FRIDAY FOR 6 WEEKS

**TIME:** 9.30-11.00 AM

**LOCATION:** SHORT HEATH JUNIOR, WITH DRINKS AND BISCUITS!

---

A 6-week Adult Resilience program increases coping skills and resilience by showing participants how to be more aware of their thoughts, feelings and behaviours and equipping them with the skills to help them with relaxation, mindfulness, reframed thinking, communication, conflict resolution, and positive actions. Based on the CBT model, this programme offers new and positive experiences and coping skills ideas in a friendly and supportive atmosphere. Come and find out how you can make yourself stronger!

To reserve a place or for more information, please speak to Pav Holles, or/and Justine Jackman – 01902 368499/368910, or email [pholles@shortheathfederation.org.uk](mailto:pholles@shortheathfederation.org.uk)

