

emotional health  
& wellbeing

In this workshop,  
participants will:

- Define resiliency.
- Learn about overcoming challenges of all kinds – trauma, tragedy, personal crises, or other life problems.
- Discuss steps you can take every day to enhance your ability to bounce back from problems and challenges.
- Cultivate personal strength and self-esteem

## Resiliency in Action

**When:** Wednesday, October 12, 2022  
12:00 pm to 1:00 pm

**Virtual Event:** Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3874956/DD53CE09E877C7CCC6FB2C3869DAA3E4>

- Registration is now available and will remain open through the end of the event.
- Participants can register and join the workshop via computer or mobile device using the link provided, no app's or plugins are required.

**Facilitated by:** Remona Farrow, MBA

**Workshop contact:** Damiana Garcia, [Damiana.Garcia@sanjoseca.gov](mailto:Damiana.Garcia@sanjoseca.gov)

**All employees are welcome!**