

COPING SKILLS WORKSHOP

**MONDAY, MARCH 11
4:30PM-5:30PM**

FREE for survivors 18+

Located at Resilience
Program Office:
411 Butternut Dr.
Holland, MI 49424

Register by emailing
DanielleL@ResilienceMI.org

**Learn about a variety
of healthy coping
techniques and find
the ones that work
for you!**



RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™