

# Peace in Practice: A Coping Skills Workshop

This workshop provides survivors of domestic or sexual violence with a supportive space to learn and practice healthy coping skills for managing stress, emotions, and triggers. Participants will explore practical tools they can use in everyday life to support calm, grounding, and emotional well-being.

**In Person at Resilience's Program Office  
411 Butternut Dr., Holland, MI 49424  
12:00PM - 1:00PM**

**February 2, February 9, & February 23**

**To register, please e-mail:  
[SarahL@ResilienceMI.org](mailto:SarahL@ResilienceMI.org)**



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