

# RESILIENCE

Rising Above Life's Challenges



February 2020

## SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Being able to get back up when you've been knocked down is the true meaning of being resilient. By understanding the meaning of resilience and how it affects you personally can help you in becoming a more powerful individual - physically, emotionally and mentally.

This program provides confidential counseling, resources and referrals to help become resilient.

## WEBINAR

Building Resilience: Bouncing Back After Extraordinary Events  
Available February 1. Located in the Monthly Feature Tile.

Strengthening your resilience can help you cope with stress and other setbacks. Discover tools to help you adapt to challenges while improving your wellbeing.



CHRISTIAN  
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SERVICES

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## PHONE

1-888-881-LINC (5462)  
Confidential Assistance  
24 Hours a Day, 365 Days a Year

## WEB

[www.supportlinc.com](http://www.supportlinc.com)

## MOBILE

