



Building Resilience

A FREE Taster Workshop for Adults aged 50 Plus

Resilience is defined as “an individual’s ability to properly adapt to stress and adversity”. The aim of the Building Resilience Taster Workshop is to introduce alternative coping strategies to alcohol use. Participants will learn techniques to enhance coping strategies, improve social networks and participate in a range of activities that enhance well-being.

Thursday 16th July 2015 (2pm - 4pm)
Townhead Village Hall, 60 Mungo Avenue, G4 0PL

To book a FREE place phone us on:
0800 304 7690