



A TINY CHANGE TODAY BRINGS A
DRAMATICALLY DIFFERENT TOMORROW.

BUILDING RESILIENCY IN THE MIDST OF CHANGE

EVERYONE HAS TIMES IN THEIR LIFE WHEN THE
UNEXPECTED CHALLENGE THEY HAVE TO FACE SEEMS
LIKE IT IS MORE THAN THEY CAN HANDLE.

Resiliency skills are necessary to help you manage your stress and navigate the
challenges and changes. Join us for a discussion on how to use those skills to
help you take care of the people and unexpected challenges in your life.

Thursday, March 30, 2017

6:30 - 8:00 pm in Fellowship Hall

presented by Linda Zacharias, MSW, LCSW

Please RSVP by Tuesday, March 28 to safeharbor@hcl.org
or call 414-529-6700.

This event is sponsored by Safe Harbor Ministry
of Hales Corners Lutheran Church.



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