

Strategies for Building Resilience

Monday, May 20, 2019

6:00-7:30 PM



Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

Teassa Eddy, LCSW will introduce you to strategies that build resilience during the cancer journey and survivorship.

Life with Cancer Family Center
8411 Pennell Street, Fairfax, VA 22031

This class, and other Life with Cancer programs, are free of charge. Registration is required.

To register go to www.lifewithcancer.org or call
703.698.2526