

You are invited to attend *Tools for Building Resilience*

A workshop presented by
Presbyterian Disaster Assistance
In partnership with *City of Jacksonville &
Northeast Florida Long-Term Recovery Organization*

Date: Thursday, May 23, 2019

Time: 9:00a to 1:00p

Location: Ed Ball Building

214 North Hogan St. 1st FL Training Rm.

Jacksonville, FL 32202

(across the hall from the Brick Café)

Register at: https://www.surveymonkey.com/r/Jacksonville_May2019

Please register by Friday, May 17, 2019

For questions, contact: Raelyn Means at 904-748-9723 or rmeans@duvaldisasterrecovery.org

Doors open at 8:30a, refreshments will be provided

To locate nearby parking, visit <http://www.coj.net/departments/parking-facilities-and-enforcement/find-parking>

You will learn how to...

Recognize your own signs of stress

**Use tools for stress management
in the midst of difficult moments**

Increase calm and effective responses to stress

Make lifestyle choices to promote resilience



**PRESBYTERIAN
DISASTER ASSISTANCE**

OUT OF CHAOS, HOPE