



ComTALK International in collaboration with the U.S. Embassy Port of Spain and Caribbean Women's Health Association Present:

# STRENGTHENING PERSONAL AND COMMUNITY RESILIENCE

A Life Changing and Impacting Free Virtual Workshop for persons residing in the communities of Arima, Toco/Sangre Grande, Valencia, Blanchisseuse and Environs.

**NOVEMBER 17-18 TH , 2021**  
**4:00 PM – 7: 00 PM**  
**ON  ZOOM**

Come and learn :

- Why resilience is important
- Types of Resilience
- Characteristics of Resilient Persons
- Developing and maintaining resilience
- Fostering resilience in children and adolescent
- Resilience and Sustainable Community Development
- Financial and Economic Resilience
- Public Services and programmes for developing personal and community resilience
- And so much more

All sessions are free, virtual and interactive and led by professional facilitators. There will be prizes and giveaways. Persons attending all sessions will receive a Certificate of Attendance.

To register for this exciting workshop click the link below and complete the form.

<https://us02web.zoom.us/join/register/tZwscu6qqDOqHdPOldC1OhuGbhK6ss8ilGF>

Interested persons may also call 731-9080, 743-9977 or  
Email: [beverlyandrews27@gmail.com](mailto:beverlyandrews27@gmail.com)