

CULTIVATING RESILIENCE IN RURAL COMMUNITIES

CULTIVATING *Resilience* IN RURAL *Communities*

You are invited to a conversation about cultivating resilience in **rural communities**

We will talk about the **signs and symptoms of stress** and how we can help ourselves and each other.



EVERYONE IS WELCOME

DATE

TIME

LOCATION / LINK

CONTACT: _____

PLEASE JOIN US!

SOMETIMES YOU NEED HELP, SOMETIMES YOU ARE THE HELP.