Thursday 27th June  7pm-8.30pm

HOW TO STRENGTHEN RESILIENCE

ENERGY WEEK   EUSEW

Talk, Sharing & Meditation; Beginners Welcome

An evening to consider your strengths and weaknesses

Can you remember any personal or natural disaster you have experienced? What was your first reaction? What helped you maintain or recover your inner stability? We can all be vulnerable to one or another type of calamity. The unexpected and massive nature of a disaster breaks drastically the normal course of life of people. But with the adequate preparation, we may deal with the situation in a calm and accurate way, being able to develop the means to overcome it, to recover oneself and to help others. How can we reinforce resilience?

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