

# RESILIENCY SERVICES

## Week of 1-5 August 2022

<p><b>MONDAY</b> 1 AUGUST</p>	<p>1330 – 1400</p>	<p><b>Stress-Reduction Practice</b> Live Session: <a href="https://fbch.acms.com/srs">https://fbch.acms.com/srs</a></p>
<p><b>TUESDAY</b> 2 AUGUST</p>	<p>1330 – 1400</p>	<p><b>Stress-Reduction Practice</b> Live Session: <a href="https://fbch.acms.com/srs">https://fbch.acms.com/srs</a></p>
<p><b>WEDNESDAY</b> 3 AUGUST</p>	<p>1200 – 1300</p>	<p><b>Mindfulness in the Workplace</b> <a href="https://dod.teams.microsoft.us//meetup-join/19%3adod%3ameeting_b2a39626f47343e69947145798da9f85%40thread.v2/0?context=%7b%22Tid%22%3a%22102d0191-eeae-4761-b1cb-1a83e86ef445%22%2c%22Oid%22%3a%22f0dffb41-52fb-44ff-b283-2e9faff1b0c3%22%7d">https://dod.teams.microsoft.us//meetup-join/19%3adod%3ameeting_b2a39626f47343e69947145798da9f85%40thread.v2/0?context=%7b%22Tid%22%3a%22102d0191-eeae-4761-b1cb-1a83e86ef445%22%2c%22Oid%22%3a%22f0dffb41-52fb-44ff-b283-2e9faff1b0c3%22%7d</a></p>
	<p>1330 - 1400</p>	<p><b>Stress-Reduction Practice</b> Live Session: <a href="https://fbch.acms.com/srs">https://fbch.acms.com/srs</a></p>
<p><b>THURSDAY</b> 4 AUGUST</p>	<p>1200 – 1300</p>	<p><b>Change your Mind-set For Growth</b> <a href="https://dod.teams.microsoft.us//meetup-join/19%3adod%3ameeting_052f23756f804e1ba14c35f8cbfc9592%40thread.v2/0?context=%7b%22Tid%22%3a%22102d0191-eeae-4761-b1cb-1a83e86ef445%22%2c%22Oid%22%3a%22f0dffb41-52fb-44ff-b283-2e9faff1b0c3%22%7d">https://dod.teams.microsoft.us//meetup-join/19%3adod%3ameeting_052f23756f804e1ba14c35f8cbfc9592%40thread.v2/0?context=%7b%22Tid%22%3a%22102d0191-eeae-4761-b1cb-1a83e86ef445%22%2c%22Oid%22%3a%22f0dffb41-52fb-44ff-b283-2e9faff1b0c3%22%7d</a></p>
	<p>1330 - 1400</p>	<p><b>Stress-Reduction Practice</b> Live Session: <a href="https://fbch.acms.com/srs">https://fbch.acms.com/srs</a></p>
<p><b>FRIDAY</b> 5 AUGUST</p>	<p>1330 – 1400</p>	<p><b>Stress-Reduction Practice</b> Live Session: <a href="https://fbch.acms.com/srs">https://fbch.acms.com/srs</a></p>

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