

RESILIENCY SERVICES

Week of 19-23 July 2021

MONDAY 19 JULY	1800 – 1830	Mindful Mondays: Mindfulness Techniques to Enhance Your Health, Wellness, and Resiliency. Live Session: https://nicoe.adobeconnect.com/resilience
TUESDAY 20 JULY	0900 – 1000	Managing Stress through Self-Care Live Session: https://fbch.acms.com/staffresiliencywillett
	1000 – 1045	Human Musical Jukebox: Live Music You Pick! Live Session: https://nicoe.adobeconnect.com/resilience
	1330 – 1400	Stress-Reduction Practice Live Session: https://fbch.acms.com/srs
	1600 – 1630	Mindfulness Meditation Live Session: https://nicoe.adobeconnect.com/resilience
WEDNESDAY 21 JULY	1330 – 1400	Stress-Reduction Practice Live Session: https://fbch.acms.com/srs
THURSDAY 22 JULY	0715 – 0745	Sunrise Yoga Live Session: https://nicoe.adobeconnect.com/resilience
	0900 – 1000	Managing Stress through Self-Care Live Session: https://fbch.acms.com/wrnmcmstaffresiliency/
	1330 – 1400	Stress-Reduction Practice Live Session: https://fbch.acms.com/srs
FRIDAY 23 JULY	1330 – 1400	Stress-Reduction Practice Live Session: https://fbch.acms.com/srs

For additional support, check out our chaplain services at
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