

FREE TRAINING & SUPPORT

FOR WESTERN NORTH CAROLINA



SEPTEMBER 23, 2025 | 3 - 5 PM

HENDERSON COUNTY PUBLIC LIBRARY
MAIN LIBRARY - LEARNING LAB

Join **Resources for Resilience**™ for an afternoon of learning and community connection. During this two-hour event, you'll gain practical tools to manage stress and support friends and neighbors through hard times.

- **LEARN** how challenges affect us all differently
- **DISCOVER** what to say and do for others after a crisis
- **SHARE** difficulties and lean on one another
- **PRACTICE** stress-reducing tools and strategies



REGISTER TODAY

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bit.ly/RFRHendersonville

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ResourcesForResilience.com