

BUILDING RESILIENCE

A basic introduction to the foundations of resilience. This workshop is for anyone who has wondered how to 'bounce back' from hard times.

Tuesday

July 16th, 2024

9.30 am - 2.30 pm

225 Bolsover Street

Rockhampton

Registration required. Please bring a gold coin donation to attend; resources and lunch are provided.



**Women's Health Information &
Referral Service CQ Inc.**

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