

Understanding Wellness

Growing Resilience Summer Series

A 6-week webinar to help build a deeper understanding of wellness and how it can be restored and achieved in the face of ongoing uncertainty.

Wednesdays, 12:00 - 1:00 PM
July 6 - August 10, 2022

July 6: Body-Mind Connection: how N.E.A.R. science can help us understand frameworks for wellbeing

July 13: Introduction to Protective Factors, a framework created by the National Alliance for Children's Trust at the Center for the Study of Social Policy and Strengthening Families

July 20: Asynchronous exploration of resilience, wellbeing, and healing

July 27: Healing-Centered Engagement

August 3: Creating trauma-informed, and healing-centered environments

August 10: Compassion Resilience: supporting what sparks you

This program is free, but registration is required. Click to register [HERE](#)

Cornell Cooperative Extension | Delaware County & Orange County

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