

May Mental Health Awareness Month Quarterly Event

Resilient Communities Coalition Hosts:



Building Resilience: Personal Development

May 20th | 11:30am - 1pm CST

FREE Virtual Webinar Training

Scan here to register!

Must register to receive
webinar link via email



- Trainer: **Lana Loken** - Senior Education & Policy Specialist at Lost & Found
- Uncover the key traits of resilient individuals and learn how to cultivate those qualities within oneself.
- Step by step process of building a personalized resilience plan that promotes mental health and personal growth.

Questions?
Call Brookings Area United
Way at 605-692-4979



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