

SAVE THE DATE

Resilience Development

May 31, 2024

9:30 am - 5:00pm

Sign-in begins at 9:15 am

**Training held in-person at:
The Learning Partnership
1075 E. Santa Clara Street
San Jose, CA 95116
(2nd Floor)**

DESCRIPTION

This training is a highly interactive course in which participants will be facilitated through presentation and group discussions to identify and learn about resilience development. Having the tools to be resilient is crucial in creating a workplace that is safe for all to work.

This workshop will introduce participants to responsibility, honesty as well as creating action plans for inevitable changes that come along.

In this workshop we ask that participants who attend be ready to share with others both in large groups and small groups. What supports this course to be effective is that we all share and learn from each other.

(Note: CE Credits are NOT Available)

LEARNING OBJECTIVES

- Identify at least 2 ways to self-empower our resiliency skills.
- Identify at least 3 ways to develop positive relationships.
- Identify at least 3 ways to manage stress.

INSTRUCTORS

BeaJae North works as a consultant to build bridges across uncommon grounds such as those from businesses to com-munity, individuals to com-munity resources, and agencies to consumers. She has been able to assist various com-munity agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge.

Ellen Jackson has been working in the wellness field for over 25 years, initially as a Substance Abuse Counsellor then a Licensed Marriage and Family Therapist for Tehama County Behavioural Health for over 17 years. For the past 11 years, after retiring, Ellen has continued to be a part of the wellness community by supporting the Copeland Center for Wellness & Recovery and Conscious Educators with co-facilitating workshops on wellness based topics throughout the state of California. Ellen enjoys being in a space where people have an opportunity for self discovery and growth while navigating through the different topics to build whole health and wellbeing.

Training is FREE and all are welcome!

**Register at:
scclearn.sccgov.org**

Registration closes at 9am two working days prior to training date.

If you have questions, need accommodations, or have a grievance, please contact LPTraining@hhs.sccgov.org



COUNTY OF SANTA CLARA
Behavioral Health Services

Supporting Wellness and Recovery