



## Red Cross Resiliency Workshop

# Virtual Interactive Workshops

### Connecting With Kids



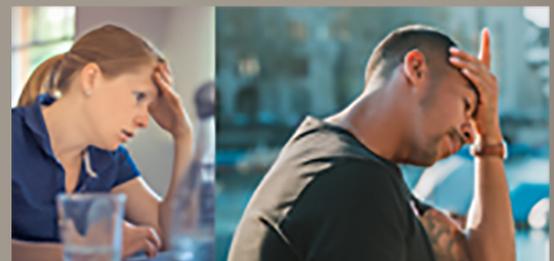
### Effective Communication



### Caregivers



### Stress Solutions



- Workshops are facilitated by Red Cross licensed mental health professionals
- Confidential sessions are 60-90 minutes with 3-12 participants
- Participate in facilitator led exercises and discussions
- Exclusively for Service Members, Veterans and their families
- Interactive Workshops held on ZOOM or Teams Platforms

Contact Josh Starrett for more information and scheduling  
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