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A 2-DAY TRAINING FOR ALL FIRST RESPONDERS

TRANSFORMING STRUGGLE INTO STRENGTH

PREPARE, PRACTICE, AND IMPLEMENT A PLAN FOR PERSONAL GROWTH

Struggle Well training is based on the framework of Posttraumatic Growth, featuring five phases, built on an environment of trust and connection.

This training enables growth, which occurs in five areas:

**New Possibilities • Deeper Relationships • Personal Strength
Appreciation for Life • Spiritual and Existential Change**

Chipola College • 3094 Indian Circle • Marianna, FL 32446

JUNE 2&3



**STRUGGLE
WELL**

9-5PM EST

