



SCAN QR CODE TO REGISTER
OR VISIT <https://bit.ly/4fFE749>

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**

Pasco Safety Town • 15362 Alric Pottberg Rd • Shady Hills, FL 34610

JUNE 23&24



**STRUGGLE
WELL**

9-5PM EST

