

THE RESILIENCE JOURNEY

Resilience is the ability to be prepared for adversity and ***better handle life's challenges***. Resilience is a skill that can be learned.

Learn about the five core components of Resiliency:



Program Contents:

- 47 interactive exercises
- 5 chapters, 15 – 40 minutes each
- Ability to save progress and continue
- Personal Resilience Map
- Certificate of completion

Want to find out more about your own resilience? Log-in and take the ***Resilience Journey!***

To Access:

- 1) Go to: www.cascadecenters.com
- 2) Click 'Member Log In'
- 3) Register as a new user
- 4) Click the 'Resilience' tile



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