

# Resilience Building

## STAFF SUPPORT SESSIONS

**Resilience is the powerful ability to recover from stress, illness, depression and adversity.**

The more resilience we have, the better able we can weather stress and difficult situations.

**Even a global pandemic.**

Let's come together to learn and practice strategies to build resilience. Then, share what we are learning within our MORA teams *and with the people we support.*

- 30-minute lessons led by different MORA staff
- Virtual in Zoom or join by phone
- Open to all staff. Full or part time, salaried or hourly.
- Completely OK to join in while doing direct care!
- Look for email invitations from **Communications, Jessica Gallo** and add to your Outlook calendar
- Questions: jgallo@mtolivet-mora.org

TUESDAY,  
**November 17**  
**10:00 am**

[LINK to join Zoom Meeting](#)

Or dial by phone  
929 205 6099 US (New York)  
301 715 8592 US (Washington D.C)  
Meeting ID: 852 3471 1452 Passcode: 295478

**2:00 pm**

[LINK to join Zoom Meeting](#)

Or dial by phone  
301 715 8592 US (Washington D.C)  
312 626 6799 US (Chicago)  
Meeting ID: 826 7746 2451 Passcode: 038646

**7:00 pm**

[LINK to join Zoom Meeting](#)

Or dial by phone  
301 715 8592 US (Washington D.C)  
312 626 6799 US (Chicago)  
Meeting ID: 821 4436 5276 Passcode: 973416

THURSDAY,  
**December 3**

**2:00 pm**

[LINK to join Zoom Meeting](#)

Or dial by phone  
253 215 8782 US (Tacoma)  
346 248 7799 US (Houston)  
Meeting ID: 870 4513 4578 Passcode: 242644

WEDNESDAY,  
**December 9**

**7:00 pm**

[LINK to join Zoom Meeting](#)

Or dial by phone  
669 900 6833 US (San Jose)  
253 215 8782 US (Tacoma)  
Meeting ID: 833 3036 5682 Passcode: 168342

TUESDAY,  
**December 15**  
**10:00am**

[LINK to join Zoom Meeting](#)

Or dial by phone  
301 715 8592 US (Washington D.C)  
346 248 7799 US (Houston)  
Meeting ID: 835 6325 2532 Passcode: 283045