

# BUILDING RESILIENCE *through* CREATIVE EXPRESSION



**FREE**

How might we utilize our own creative talents and interests to provide a bit of relief to ourselves and build our resilience as we continue to navigate this challenging time?

**FRIDAY, MAY 28**  
2021 • 11:00AM MDT

**REGISTER**



Join **Mark S. Young**, Director of JResponse at JCC Association, to learn about the **four I's of Resilience Building: IDENTIFICATION, INTERPRETATION, INTERVENTION, and ITERATION** – and create and share art, music, or writing together, identifying which creative expression may work best for each of our resilience building processes.

For more information email **Shula Banchik** or call 403-537-8596.