



# RESILIENCE WEEK VIRGINIA

## MAY 3-9, 2020

Join us in the first annual Resilience Week in Virginia. Trauma-Informed Community Networks (TICNs) throughout Virginia are hosting activities & events in an effort to build **RESILIENCE** for all Virginians



## **resilience** **(noun) re-sil-i-ence**

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress..."

It means 'bouncing back' from difficult experiences."

Source: American Psychological Association



**Learn more at**  
**[grscan.com/resilience-week-virginia](https://grscan.com/resilience-week-virginia)**

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