## **Building Resilience**



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## **Details about this Free workshop**

Building resilience and developing coping skills and strength from adversity.

Where: 20 Tank Street

**When:** 25th of March 2020 – 9:30-11:30am

**RSVP:** 4979 1456 info@gladstonewomenshealth.org.au

## Gladstone Women's Health Centre

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