

DINNER TABLE RESILIENCE

IN PARTNERSHIP WITH THE LA CROSSE AREA
FAMILY YMCA



BetterTogether 

www.bettertogetherlacrosse.org/resilience

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WITH SARAH JOHNSON, MENTAL HEALTH DIRECTOR AT THE LA CROSSE YMCA

RESILIENCE

is our ability to get through difficult experiences and come out stronger on the other side.

RESILIENCE CAN BE BUILT

Resilience can be built through:

- Healthy and supportive relationships
- Taking care of ourselves
- Asking for help when we need it

LEARN MORE WITH THE DINNER TABLE RESILIENCE SERIES

- Join Sarah Johnson, Mental Health Director at the La Crosse Family YMCA, for our video series on building resilience. Tips, topics, strategies and skills that we can use at our own tables to build resilience in ourselves and others.
- Access the videos at www.bettertogetherlacrosse.org/resilience
- You can also find more mental health resources at the YMCA website <https://www.laxymca.org/mental-health-resources/>