



RESILIENCY LAB: CRISIS CARE WORKSHOP



Thursday,
November 20, 2025



9am to 11am



HERNANDO
COUNTY
LONG-TERM
RECOVERY
GROUP



Hernando County Department of Health
7551 Forest Oaks Blvd, Spring Hill, FL 34606



Kick off this holiday season and re-center yourself as a leader.

Join United Way & Capacity Path Relief for an Interactive Resiliency Lab!

TIPS, TECHNIQUES, & ACTIVITIES ON:

- How to de-stress your body & mind
- How to tap into your natural resilience & inherent strengths
- How to feel uplifted & empowered across all domains



[Visit UnitedWayHernando.org/Crisis-Care2025](https://UnitedWayHernando.org/Crisis-Care2025)



Reserve your spot for FREE! Breakfast
is included, thanks to our generous
Crisis Prevention Partners at HCA.

