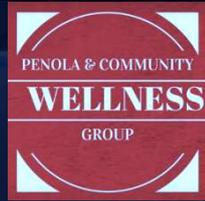


# The Resilience Code



**Resilience is the ability to withstand or recover from difficult situations. It includes our capacity to make the best of things, cope with stress and rise to the occasions life throws. This workshop offers practical training in skills, knowledge and the key ingredients to improve resilience from the inside out.**

**PRESENTER:** Lisa Bondarenko, Eshe Counselling  
**GUEST SPEAKER:** Rhett McDonald  
**WHEN:** Wednesday 22<sup>nd</sup> August 2018 @ 6.30 for 7pm  
**WHERE:** Penola Sports Club  
**COST:** \$10 cash upon entry – please book to assist catering  
**BOOKINGS:** Bendigo Bank Penola or  
[www.facebook.com/penolawellnessgroup](http://www.facebook.com/penolawellnessgroup) 

**Men and Women 14yrs+ welcome**

Light Supper provided and Refreshments available at the bar

Free Confidential Counselling Sessions: Thursday 23<sup>rd</sup> August 2018

Limited appointments available - bookings - [hello@lisabondarenko.com.au](mailto:hello@lisabondarenko.com.au)

For More information contact: Josie Abbey, Karen Cahir, Anna McGregor, Dee O'Brien, Jo Skeer, Sandra Wallis, Anne-Marie Williams