



***“Happiness is not the absence of problems  
but the ability to deal with them”***

***~Author Unknown***

# **EVERYDAY RESILIENCY TOOLS**

Beginning in 2012, the Employee Assistance Program (EAP) will host quarterly seminars focused on resilience education.

Presented by the Army Community Service (ACS) Master Resilience Trainer (MRT) Team.

All Training will be conducted from 0900-1030.

Location and dates are as follows:

Leader and Work Force Development Center  
BLDG. 2-2020, Woodruff Street, Fort Bragg, NC 28310

**DATES:** 13 March 2012  
12 June 2012  
11 September 2012  
04 December 2012

***Seminars will be open to members of the Fort Bragg/Pope, NC community.***

***Call (910) 396-5784 to reserve a seat.***