

# Building Resilience

An eight week program for **transgender individuals of all ages** to learn useful skills for building resiliency.

This group utilizes the **Trans Resiliency Workbook** curriculum.



## Schedule

### Thursdays

Optional Dinner 4:30–5PM

Group: **5–6PM**

**Week 1** July 25th

**Week 2** August 1st

**Week 3** August 8th

**Week 4** August 15th

**Week 5** August 22nd

**Week 6** August 29th

**Week 7** Sept 5th

**Week 8** Sept 12th

Facilitated by

**MEADE WILLIAMS**

Licensed Marriage and Family Therapist  
and Mindful School Certified Instructor

For more information OR to  
sign up please contact:

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**the SOURCE**  
LGBT+ CENTER