



# BUILDING COMMUNITY RESILIENCE:

**A free Hybrid gathering**

*Sponsored by Northern Lakes CMHA*

**WHEN**

**March 16, 2022**

**1:30–3pm**

**Theme: New Beginnings**

**JOIN US!**

**Engage in chair yoga, play a stigma buster game, inspirational activity (if you have a rock bring it, if not a rock will be provided), engage with others, and share positive opportunities!**



**RESERVE YOUR  
SPOT NOW AT**

[www.northernlakescmh.org](http://www.northernlakescmh.org)

**RSVP by March 14, 2022**

**Look in the Recent News for  
Building Community Resilience**

**INSTRUCTIONS**

For video instructions on how to download Microsoft Teams, look in the Recent News on the website above! Any IT questions, please feel free to contact Ann Ketchum.  
Phone: 231-876-3232

**QUESTIONS**

For any other questions about this event, contact Karla Eisner.  
E-mail: [karla.eisner@nlcmh.org](mailto:karla.eisner@nlcmh.org)  
Phone: 231-620-2954