



FACULTY

WELL-BEING

SERIES

# RESILIENCE

How do you adapt during challenging times? Do you find yourself wondering what you can do to better prepare for difficult situations? Join EACC Counselor Kathryn Jones, PhD, LMFT, BCC, BC-TMH, CEAP, for a review of the APA's 10 strategies for building resilience.

Participants will learn to identify factors in resilience and strategies for building resilience, as well as how to build a framework to increase and enhance resilience at work.

## WHEN & WHERE:

**Tuesday, October 3, 11 a.m.-noon,  
Lister Hill Library Room 411**

*(OneCard required to visit 4th floor.)*

## WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate household.

## REGISTRATION:

Visit [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "VitalCog" to register. Household members and eligible non-UAB employees should email [uabeacc@uabmc.edu](mailto:uabeacc@uabmc.edu) to register.

*To request disability accommodations,  
email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*

**UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM**

EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

CENTER FOR TEACHING  
AND LEARNING