



# KAUKAUNA AREA SCHOOL DISTRICT

1701 County Road CE • Kaukauna, WI 54130 • (920) 766-6100

How do you deal with adversity? Events such as the death of a loved one, the loss of a job, a medical diagnosis or a disability can be challenging, even life-changing.

Being resilient means one can adapt well in the face of adversity, trauma, loss or stress. It means being able to “bounce back” from difficult experiences. You can learn to be resilient by developing certain skills and adopting specific strategies.

**Please join us for a thoughtful *Road to Resiliency* presentation.** Rate your current level of resiliency and learn ways to strengthen it.

## **The Road to Resiliency**

### **Key Presenter:**

Stephanie Bellin, Corporate Trainer,  
*ThedaCare At Work*. Bellin specializes in onsite training and education including compliance, harassment, stress management, change management and various wellness topics.



**Wednesday, January 28, 2015**

**6:30 p.m. – 7:30 p.m.**

**Kaukauna High School Auditorium  
1701 County Road CE, Kaukauna**

Michael Halstead, Director of Special Education and Pupil Services  
Clifford and Julie Easton, Parent Liaisons, CESA 6 Parent Support Program.

This is a free event, open to the public.

*Child care will not be available.*