



NEW YEAR, NEW YOU!

WHEN: Tuesday, January 9, 2024

TIME: 6:30pm Virtual

REGISTER: <https://tinyurl.com/DBVINewYearNewYou>

Are you overwhelmed by daily stresses? Studies show across the board an increase in depression, anxiety and stress. Join DBVI, Sky's the Limit and Dr. Rob Gilbert for RESILIENCY!

We want to help you build strategies to enhance your self-confidence, overcome worry and doubt and establish wellness goals that will promote resiliency! This program experience is open to all served by DBVI as well as, DBVI staff, so please feel free to share! Registration is required.

For questions, contact Tish Harris, Tish.Harris@DBVI.Virginia.gov or Felicia Williams, Felicia.Williams@DBVI.Virginia.gov.

CONNECT WITH DBVI:

