



RESILIENCE AND MENTAL HEALTH AWARENESS TRAINING FOR EVERYONE, EVERYWHERE.

For the last four months we have been working hard to create and build a brand new platform for anyone suffering from stress-related mental health issues, or who is supporting someone who does.

Resilient Me and its Mental Health Mission have enabled thousands of people help themselves to better mental health, happier lives and improved wellbeing. We are proud of this achievement and are excited to be taking it to the next level.

From mid-July onwards, we will be launching and managing a new website and social media group, to be known as **My Resilient Family**.

The idea is simple and global, and is summed up in our mission statement:

“Using valuable resources, expert coaching and a like-minded community, My Resilient Family helps its members to manage stress and to maintain their own positive mental health and wellbeing, so that they can provide the best possible support for those who depend on them”

Our two key workshops, The Circus of Life and High Flying Performers, plus our resources and downloads that have been so successful face to face will now all be available online at the new website, myresilientfamily.com. For a modest monthly fee, we will be able to support individuals, families and young people through our membership packages. There will also be discounted group packages for companies, schools and colleges.

Other member benefits will include access to group and 1:1 coaching, expert interviews on a variety of mental health and stress-related subjects, a comprehensive member’s forum to share experiences and learn from others, plus daily posts of articles and wellbeing tools.

The new My Resilient Family Facebook group will be free to join, and will continue to have the daily positive thoughts and other posts of interest to anyone who needs information or support. Search My Resilient Family on Facebook for the new group and click on ‘follow’ to stay informed of developments.

If you’d like to register your interest in the My Resilient Family membership site and qualify for an early bird membership discount, simply visit myresilientfamily.com

We look forward to welcoming you into our new family!