



WOMEN BUILDING FUTURES®

Building a Resilient Mindset

Gain tools for inner resilience, self-regulation, boundary management as well as learn skills for interpersonal communications.

Thursday, June 19, 2025

10 a.m. -12 p.m. EST

Light refreshments provided

County of Lambton

162 Lochiel Street, Second Floor

Registration on WBF website or

email: Brenda Pearson at

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WomenBuildingFutures.ca

