

FACING THE FUTURE FEARLESSLY. CULTIVATING RESILIENCE

Develop the skills to navigate life's challenges with confidence.

Learn practical strategies to:

- Embrace change and adapt to new challenges.
- Strengthen mental and emotional resilience.
- Develop effective problem-solving skills.
- Turn setbacks into opportunities for personal and professional growth.

Raffles and complementary snacks provided!



LED BY:



Wed, October 28, 2026
6pm - Doors open 5:30pm



Empowerment Hub
20 Export Dr, Sterling VA 20164



REGISTER NOW