

Project ECHO - Cultivating Personal Resilience in Uncertain Times - Montana Cohort *NEW

When faced with challenges in your work or life, how do you respond? Resilience is a set of skills that enable us to bounce back during challenging times. In this ECHO series, you'll learn practical tools to integrate into your daily life to cultivate personal resilience. This series is brought to you in partnership by the Rocky Mountain Public Health Training Center, Montana Health Research & Education Foundation, Montana Office Of Rural Health/Area Health Education Center and ECHO Colorado.

AUDIENCE

Professionals working in Montana

COMMITMENT

Four weekly ECHO sessions held virtually

Tuesdays 2:00 - 3:00 PM MST

March 31 - April 21

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