



A strong support network can help you be resilient in these times of uncertainty and change, but what can you do to make sure those networks are there when you need them?

The “Building Networks for Resilience” Learning Experience can help you practice nurturing meaningful relationships and building social support networks to improve our resilience.

When you subscribe to the learning experience, you’ll begin receiving six weekly emails.

Each email will include a link to a webinar or podcast exploring relationship-building topics and “One Thing to Do,” something for you to try to help you practice building networks for resilience.

You can subscribe to the Building Networks for Resilience learning experience at <https://militaryfamilieslearningnetwork.org/family-transitions/wolresilience/>

Participants will:

- ❖ Describe the five elements of the Working Out Loud process
- ❖ Identify how networks can support/enhance individual resilience
- ❖ Apply relationship-building practices to build diverse networks

