

# Resilience to Resist Support

A range of support designed to build our sense of connection, our strength and our courage, and to help us regenerate healthily which also includes 1 to 1 support useful when times are hard:

For a full listing of group sessions and and other R2R offerings, please Click to open the main R2R document: [Resilience To Resist offerings \(google.com\)](#)

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