

HARBORVIEW ABUSE & TRAUMA CENTER EDUCATION FORUM

Be REAL

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University of Washington Resilience Lab**

The University of Washington's Be REAL (RESilient Attitudes & Living) program is a campus community program that promotes the well-being and resilience of youth and college students. The group program is grounded in mindfulness, self-compassion, cognitive-behavioral coping strategies, and neuroscience. In this workshop, staff from the UW's Resilience Lab and Center for Child & Family Well-Being will present the program's content, delivery, and research.

DATE

FRIDAY, JANUARY 12, 2024

TIME

10:00 - 11:30 AM PST

REGISTER

[ZOOM REGISTRATION LINK](#)

MORE INFO

This webinar is free and registration is required. Contact us with questions, to be added to the listserv, or to request accommodations (please allow 2 weeks notice): rebamill@uw.edu



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