

BUILDING ME



Building ME is program that provides strategies for young adults & adults to thrive in life with a focus on building resilience. Our workshops and groups provide tools to advance skills in stress management, coping, resilience, and personal development.

Workshops are used to deliver tools for substance misuse prevention, intervention, and recovery.

Our services are available to young adults, adults, businesses, and community members at no cost.

Virtual workshops are available

Individual supports available

Current Offerings

Thriving Through Stress

Building Resilience

Sober Curious

Recovery Supports

For more information contact Program Coordinator Beth O'Connell

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[Register or Request Info Here](#)



