



## Maintaining Resiliency in Public Safety *A Workshop Featuring Lunch with NFL Hall-of-Famer Rocky Bleier*



Your home can be a place of peace that builds you up, or it can be a place of stress that leaves you tired and anxious. The goal of this workshop is to help you provide a safe and supportive experience in your home for interpersonal growth and deeper relationships.

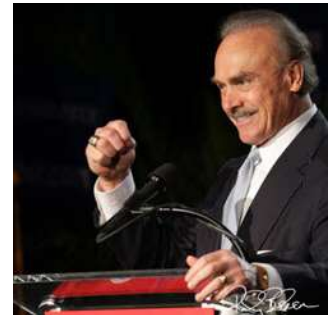
Do you want to restore your environment and build resilience for difficult times? Join us and review the keys to better communication, and strategies for building and maintaining healthy relationships with your family and children. You'll put what you learn to work immediately improving things!



It is a perfect educational opportunity for couples interested in learning more about:

- Practical skills and tools to foster effective communication
- Developing a plan to build strong couple bonds
- Dealing with trauma, building resiliency and maintaining healthy families

Our **luncheon speaker is nationally renowned Rocky Bleier**. He will offer his engaging perspectives about life challenges, resiliency, and family. **Rocky** is an NFL Hall of Famer who was a Pittsburgh Steelers Superstar. His accomplishments don't stop there. He is a decorated Vietnam Veteran, author and play-wright, business executive, and board member of Warrior2Citizen, Inc. A link to his background video clip is at: <http://www.rockybleier.com/>



**Where? North Point Community Church (the Attic) Alpharetta, Ga**  
[www.northpoint.org](http://www.northpoint.org)

**When? September 14, 2018**

**Time: 9AM to 4pm with plenty of breaks and lunch will be served. Please RSVP BY 9/4/18**

**Questions: Please call Warrior2Citizen, Inc. at 800-955-4650**

To Register go to: <http://warrior2citizen.org/events/>

**WARRIOR2CITIZEN**



AN EDUCATIONAL PROGRAM FROM WARRIOR TO CITIZEN, INC. IN COLLABORATION WITH  
THE ALPHARETTA DEPARTMENT PUBLIC SAFETY AND THE YMCA

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