

# Military & First Responders THRIVE 101: Resilience Fundamentals

## ELEVATE YOUR RESILIENCE WITH THRIVE RESILIENCE TRAINING!

Ready to transform your approach to life's challenges – and help others along the way?

Join us for an engaging training to unlock skills that enhance your resilience and well-being. You will leave with renewed confidence and practical tools to navigate life's ups and downs.

### TRAINING DETAILS:

**Date:** Monday, September 15, 2025

**Time:** 10:00am – 4:30pm

**Location:** VFW State Headquarters

924 N Washington Ave, Lansing, MI

–Lunch provided

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*I live **THRIVE** every day. THRIVE has the **science and tools** to unpack and understand what we're going through – whether from something that happened yesterday or years ago. **THRIVE is healing people.***

– Summer Robertson, Veteran and Veteran Service Provider, Michigan

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### DESIGNED FOR:

Veterans, National Guard, first responders, family members, as well as veteran service providers and other supporters within the military community.



Photos from Past THRIVE Trainings

## WHAT YOU'LL LEARN

- ✓ **Improve Coping**  
Build a coping skills toolkit to manage stress and handle life's demands
- ✓ **Hone Your Resilience Mindset**  
Harness the brain's power to reframe setbacks and boost motivation
- ✓ **Manage Trauma and Protect against Suicide**  
Begin to heal the impacts of trauma, reduce risk, and get help when needed.
- ✓ **Build Trusted Relationships**  
Employ a framework to meet core emotional needs and strengthen social support

## FREE TRAINING

Thanks to our sponsors this is training is offered at no cost to you.

THRIVE training is a cornerstone of a multi-year collaboration between the Michigan Department of Health & Human Services, Worldmaker and other key partners to promote resilience and prevent suicide among veterans and military families. We provide specialized training for women, caregivers, and first responders.

Contact us  
to RSVP:



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In collaboration with:

Michigan Commanders Group



To RSVP online: [world-maker.org/thrive-trainings-events/lansing-thrive101](https://world-maker.org/thrive-trainings-events/lansing-thrive101)

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