

JOIN VA TICNS IN CELEBRATING

Resilience Week Va

MAY 1-7, 2026



BUILDING COMMUNITY & CONNECTION
WITH 7 STRESSBUSTERS



Dear Historic Triangle Drug Prevention Coalition members,

We are looking for volunteers to host an event here in the Historic Triangle during [Resilience Week VA](#). We invite you to share your expertise as it relates to the 7 Stressbusters!



Friday, May 1st – Thursday, May 7th

Building Community & Connection with 7 Stressbusters

- **Friday, May 1st** Supportive Relationships
- **Saturday, May 2nd** Mental Healthcare
- **Sunday, May 3rd** Experiencing Nature
- **Monday, May 4th** Quality Sleep
- **Tuesday, May 5th** Mindfulness Practices
- **Wednesday, May 6th** Physical Activity
- **Thursday, May 7th** Balanced Nutrition

If you have an idea, and would like to be a part of this special week, please contact Lynette Diaz, lynette.diaz@jamescitycountyva.gov.