

The RESILIENCE Campaign

We want to hear your uplifting stories of resilience!

Resilience is what gives people the mental strength to cope with stress and hardship. It is the ability to withstand adversity and bounce back from difficult life events. It's about overcoming the challenges that come your way.

How to Enter

- You can write about a personal experience or nominate another resident
- Submit your story of resilience by email to getinvolved@torcsustainablehousing.ie
- It can be hand written or typed (you can email a photo of the handwritten stories)
- It should be approximately half a page or up to a full page in length
- Deadline is Monday 21st February 2022
- Prizes for adults: Apple Ipad 10.2" or Fitbit Versa 3.
Prizes for Kids: Amazon Fire 10.1" tablet or Fitbit Ace

3



Terms & Conditions apply. Open to TORC Residents only. One entry per resident.