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**Do you have  
what it takes  
to be a GRIT  
Resiliency  
Support coach?  
Sign up for  
GRIT coach  
training now.**

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**GRIT was established  
to train volunteers  
in the community  
to promote wellness  
and resilience to  
fellow community  
members in the  
wake of the stress  
caused by COVID-19.  
In difficult times,  
spreading support,  
resources and  
education can have  
a positive impact  
on healing and  
resilience. Sign up  
or learn more at  
[grit.uccs.edu](http://grit.uccs.edu).**



**GRIT**

**PROMOTING  
GREATER RESILIENCE  
IN EL PASO COUNTY  
AND BEYOND**

**[GRIT.UCCS.EDU](http://GRIT.UCCS.EDU)**