



**Mount  
Sinai**

*Center for Stress,  
Resilience and  
Personal Growth*

## **Resilience, Healing, and Growth**

The Center for Stress, Resilience, and Personal Growth provides resilience training workshops, individual support, and treatment sessions to MSHS employees.

Contact us to learn more about how we can support you!

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Visit Our Website to learn more: [bit.ly/MS-CSRPG](https://bit.ly/MS-CSRPG)

# Download our Wellness Hub App



1. Open the **QR Code** reader or **Camera** App on your phone.
2. Hold your device over the **QR Code** so that it's clearly visible within your smartphone's screen.
3. Click the **link** to the web browser that will appear.

Or Visit: <https://sinaicentral.mssm.edu/wellnesshub>