Greetings Coastal Connecticut,

As we all start daydreaming about unpacking our fall plaid and planning trips to the apple orchard (too soon?), your Sustainable & Resilient Communities team has been putting together a new series of workshops and trainings just for you! Focused on resilience in the Long Island Sound region, the series will introduce resilience planning strategies, offer field trips to other communities for project inspiration, and share efficient ways to connect with the resources you need to develop impactful projects. Our *Steps to Resilience* webinar kicks things off in September. Learn more and register below! (Note that the donning of plaid will be entirely optional at any of these activities...)
How Do I Get Started with Resilience?

Join us for the Steps to Resilience Workshop!

This virtual workshop will provide an overview of resilience fundamentals related to our region. You'll learn about climate change projections and impacts, strategies for resilience planning, and local climate certification programs.

To help make this workshop accessible, we're offering two opportunities to attend:

Tuesday, September 19, 2023
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
<th>Register Here</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 - 8:30 PM</td>
<td><em>OR</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday, September 21, 2023</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30 - 11:00 AM</td>
<td></td>
</tr>
</tbody>
</table>

### Deb Visco Abibou
- **Extension Professional**
- **Sustainable & Resilient Communities**
- **Western CT**
- **Connecticut Sea Grant**
- deb.abibou AT uconn.edu

### Sarah Schechter
- **Extension Professional**
- **Sustainable & Resilient Communities**
- **Eastern CT**
- **Connecticut Sea Grant**
- sarah.schechter AT uconn.edu

---

**Long Island Sound Study**
- **Sustainable & Resilient Communities**