

“That you may be prepared in all things...”

(Doctrine and Covenants 88: 78-80)



Stake Special Focus Day for all Adults
21 February 2026, 14:00-17:30
Friedrichsdorf Stake Center

Workshop Block 1

- Emotional Resilience*
- Preparing a Family Emergency Plan

Workshop Block 2

- Grief and Death
- IT-Security and the Use of AI
- Finding a (Better) Job*

*These workshops will be conducted in English only.

Schedule

Combined Opening	14.00 to	14.20	Chapel
Workshop Block 1	14.30 to	15.30	Chapel/ RS Room
Pause	15.30 to	15.50	
Workshop Block 2	15.50 to	16.50	Chapel/ RS/ Primary
Closing	16.50 to	17.00	In the Workshops
Open Discussion	17.00 to	17.30	

Register using the QR Code (registration is not required but will help with the planning).



Please arrange childcare individually. Translation can be organized on a case-by-case basis. Light refreshments will be provided.