

Join Us!

Managing Stress and Trauma Through the Community Resiliency Model (CRM)

The Community Resiliency Model (CRM) provides a resiliency informed approach to trauma and toxic stress. It teaches that people are resilient, and people need to learn how skills of well-being can be cultivated and how they can reduce suffering. CRM is both trauma informed and resiliency informed care, it invites us to get to know our nervous systems and our internal sensations. It prompts us to ask not only what is wrong, but what is right about each of us, and what are our strengths. CRM is about empowerment, it teaches that regardless of our external stressors, we can develop skills that help us widen our resiliency zone and enable us to show up as our best selves. Participants will learn about the model and how to incorporate resiliency skills into their lives.

***Thursday, March 16th, 2023,
6:00pm-7:30pm CST via Zoom***



Registration

[Click here to register](#)



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