

Join Us!

Community Resiliency Model Training Part Two

Maureen Burns, a senior community education associate and community health worker with the HAP foundation, will teach on The Community Resiliency Model (CRM), which 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 a biological model, and it is based on neurobiology, our brains have enormous ability to grow and adapt. CRM helps individuals learn to read their nervous system to return to their zone of well-being, called the Resilient Zone through the use of simple wellness skills. This is part two of a two part series; the final 3 CRM skills will be taught.

**Monday March 27th, 2023,
12:00pm-1:00pm CST
Online via Zoom**

Registration

[Click Here to Register](#)

