



Community Resiliency Model (CRM)

CRM workshops help create trauma-informed and resiliency-informed individuals and communities that share a common understanding of the impact of adverse childhood experiences (ACEs) and trauma on the nervous system and how resiliency can be restored or increased using a skills-based approach.

In this workshop you will learn to:

- Describe three or more ways traumatic experiences affect the mind and body based on current scientific research
- Explain the parasympathetic and sympathetic arms of the autonomic nervous system
- Apply the Resilience, High, and Low zones
- Practice the wellness skills of the Community Resiliency Model

UPCOMING FREE WORKSHOP:

- IN-PERSON: Thursday, January 23, 12:00pm - 3pm at Memorial Stadium, 101 John J. Scott Dr. Savannah, GA 31406
- VIRTUAL: Monday, February 24, 11:30am-1pm via Zoom (Zoom link will be sent upon registration)
- VIRTUAL: Monday, March 17, 11:30am-1pm via Zoom (Zoom link will be sent upon registration)
- VIRTUAL: Monday, April 21, 11:30am-1pm via Zoom (Zoom link will be sent upon registration)

REGISTER HERE: <https://forms.gle/RnmA9sy7AGvsckTe9>



If you, or someone you know, are in crisis please call the **Suicide & Crisis Line at 988**