



CRM TRAINING

COMMUNITY RESILIENCY MODEL

PRESENTED BY

RESILIENT WEST



WHAT IS THE TRAINING?

The Community Resiliency Model (CRM)[®] is evidence-based and helps to create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

WHO SHOULD ATTEND?



This training is geared towards professionals that work closely with young children and families. You will learn tips for using CRM skills with families that you serve.

WHEN IS THE VIRTUAL TRAINING AND HOW TO REGISTER?

June 30th from 9am-12pm (3 hour training) via Zoom



To register, **click this [link](#)**. Once you’ve registered, a Zoom link will be sent to you. * This training comes with 3 DECAL approved training hours.

SKILLS GAINED:

- Discuss how the nervous system helps us respond to stress.
- Discuss easy-to-use wellness skills that support emotion regulation and self-care.
- Learn tips for using CRM skills with children and parents.