

FREE COMMUNITY TRAINING:

COMMUNITY RESILIENCY MODEL (CRM) TRAINING

**\$100
PARTICIPANT
INCENTIVE**

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TOOLS FOR THRIVING: HELP YOUTH—AND YOURSELF—STAY IN THE RESILIENT ZONE

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- Learn six foundational wellness skills that support regulation, resilience, and emotional balance, while gaining a clearer understanding of the science behind how stress impacts the brain and nervous system
- Acquire practical, shareable tools you can use with youth immediately—no clinical background required—while also reducing burnout and strengthening your own ability to stay grounded during challenging situations
- Create common language and consistent practices across sectors to support community well-being, empowering adults to model, teach, and reinforce regulation and resilience
- Communities that share regulation skills build stronger relationships, improve engagement, and foster safer environments where youth can learn, grow, and thrive
- [Click here to learn more about CRM!](#)

INFO

QUESTIONS?

**Email info@resilientga.org
to schedule a training.**