

FREE COMMUNITY TRAINING: COMMUNITY RESILIENCY MODEL (CRM) TRAINING

**\$100
PARTICIPANT
INCENTIVE**

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

- 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

WHO

Open to community members, first responders, LEOs, and youth-serving professionals in Bacon, Brantley, Charlton, Coffee, Pierce, and Ware counties.

WHEN

May 7, 2026
9:00-11:00am

WHERE

Waycross Family Justice Center
2201 Riverside Ave, Waycross GA 31501

HOW

REGISTER [HERE](#) BY MONDAY, APRIL 30TH

INFO

QUESTIONS?

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Resilient
GEORGIA



Scan to register!



WAYCROSS AREA RESILIENT GEORGIA OFFERS THIS TRAINING, WHICH IS MADE POSSIBLE THROUGH A PARTNERSHIP WITH RESILIENT GEORGIA AND THE AMERICAN RED CROSS.