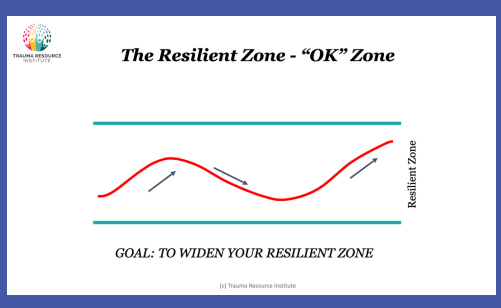
Brought to you by a partnership between the Foster Family Alliance and the Healthy Blue Initiative

Community Resiliency Model® Workshops

The Community Resiliency Model® trains community members to not only help themselves, but to help others within their wider social network. The primary focus of CRM is to educate individuals about the biology and neurophysiology of trauma, stress and resilience. It also teaches simple biologically-based wellness skills, which can help re-set and stabilize the nervous system.

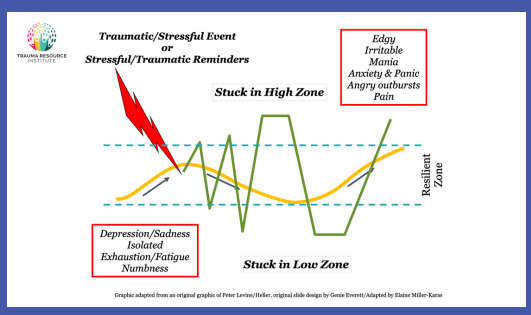


Resilient Zone

The Resilient Zone or OK Zone is a state of well-being, where a person can think clearly, make decisions, communicate, feel like their best self.

Bumped Out

When stressful things happen a person can become "bumped out" of their Resilient Zone resulting in responding in ways that are not their best self.





The HOPE

Neuroplastisity teaches us that our brains can change. We can learn skills to widen our ability to handle lifes stressors and cultivate our own well-being based on our biology.



The Skills

Six Wellness Skills to expand our well-being and cultiavate resilience to stress and trauma

Upcoming Introduction Workshops

Friday, September 16 at 11:00 a.m. and
Friday, September 23 at 9:00 a.m.

REGISTER HERE

Partnership between
Healthy Blue
and
PACEs Connection

Foster Family Alliance of North Carolina