

# Community Resiliency Model® Introduction

*Learn how to stay in your Resilient Zone!*

At this one-day workshop participants will be introduced to effective wellness skills to manage stress, anxiety and other issues that affect us all. This workshop will serve as a pre-requisite for those interested in obtaining certification.

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

CRM® skills help individuals understand their nervous system and learn to read sensations connected to their own well-being, which CRM® calls the “Resilient Zone.”

The wellness skills are easy to learn and easy to practice!

#### Goals of CRM®

- Learn simple biologically-based skills, based on current neuroscience, to help individuals get back into balance in body, mind and spirit.
- Educate about common reactions resulting from individual or communal traumas/stresses such as poverty, racism and family violence.
- Reduce common human reactions related to stressful/traumatic experiences.
- Shift perception to the fact that reactions are biological rather than mental weakness in order to reduce shame and increase hope.
- Encourage individuals to integrate wellness skills into their daily life.

## Community Resiliency Model®

With Tasha Turner, MA, LLPC

9:30 am to 4:30pm  
Friday, July 19<sup>th</sup>

Lakeland Health at Meadowbrook Conference Room  
2550 Meadowbrook Road  
Benton Harbor, MI 49022

**Register today!**

**Seating is limited and will be first-come first-served.**

**Register for FREE at:**  
<https://tinyurl.com/CRMJuly19>

**For more info**

Phone number: 269-983-8273

Email: [mbradley1@lakelandhealth.org](mailto:mbradley1@lakelandhealth.org)

Learn more about CRM®  
<https://www.traumaresourceinstitute.com/crm>

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