

RECONNECT FOR RESILIENCE™

Reconnect for Resilience™ trainings offer community members a set of easy-to-use tools to stay well in the face of adversity. In this 14-hour class, participants learn what happens to our brains and bodies when we are stressed, and are given tools to stay healthy, connected, and resilient during tough times.

This trauma-informed and resiliency-focused program teaches participants about the biological effects of stress and trauma, and promotes a culture of resilience in homes, workplaces, and communities. It also introduces practical strategies that can be used by anyone to self-regulate, restore self-compassion, and re-connect to others.

ABOUT RFR

At Resources for Resilience™, our mission is to share practical tools to build up and support everyone's resilience. The easy-to-use strategies that we offer are intended for anyone to use as we work to prevent future adversity and help people stay healthy and connected during tough times.

JOIN US ONLINE

Join us online

**Wednesday, March 15 & Thursday, March 16
from 9:00 a.m. - 5:00 p.m.**

Register online by clicking here, scanning the QR code, or using the link below.
<https://HCReconnect.eventbrite.com>



Registration closes March 1.

WHO SHOULD JOIN US?

Any adult who either lives or serves in Hertford County, NC can join this training.

In partnership with the Ahoskie Community Interventions Task Force (CITF) we are working to raise awareness about the effects of stress and trauma, while supporting skills to build resilience.




IS THERE A FEE?

This training is available for free thanks to the generous support of the Vidant Health Foundation Community Benefit Grants Program.

MORE INFORMATION

For more information email Cat Parker at:
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