

**When:**

Thursday and Friday, April 19<sup>th</sup> & 20<sup>th</sup>  
9am-3pm

(check-in at 8:30am)

**Cost:**

General \$25  
includes continental breakfast and lunch  
Scholarships are available

**Where:**

CV Starr Center  
300 Lincoln St.  
Fort Bragg, CA

**To register, visit:**

<http://crmfortbragg.eventbrite.com>

**Contact:**

Menaka Olson  
menaka@mendochildren.org  
(707) 462-4453

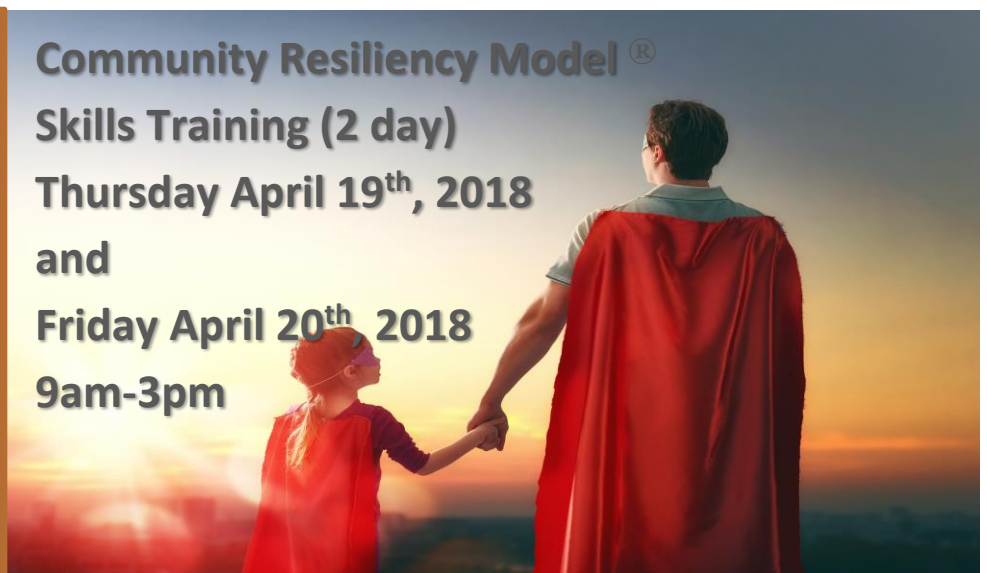
**Community Resiliency Model<sup>®</sup>****Skills Training (2 day)**

**Thursday April 19<sup>th</sup>, 2018**

**and**

**Friday April 20<sup>th</sup>, 2018**

**9am-3pm**

**Who should attend?**

- Community members who want to help others
- Para-professionals in the health & human service field
- Foster parents and foster parent support professionals
- Teachers and counselors for children of all ages
- Mental health professionals
- Medical professionals

## Community Resiliency Model<sup>®</sup>(CRM) Skills Training (2 day)

The CRM Skills Training will teach participants six wellness skills. Our goal is to help to create trauma and resiliency-informed individuals and communities who share a common understanding of the impact of trauma and chronic stress. These traumas can negatively affect the nervous system. The CRM skills help restore resiliency.

CRM has largely been used with individuals and communities, which have been marginalized either by economic challenges, ethnicity, natural and human-made disasters

Through a combination of lecture, discussion, and skills practice in small groups, training participants will identify:

1. The six basic skills of the Community Resiliency Model<sup>®</sup>
2. How to create a self-care plan
3. Two or more ways CRM skills can help stabilize the human nervous system
4. The autonomic nervous system and its relevance to trauma
5. One or more methods of how to bring CRM skills into the community
6. The three organizing principles of the brain

**Trainers:** Jo-Ann Rosen, LMFT (lic.# 28494) and Margo Frank, LCSW (lic. #18143) are both certified Community Resiliency Model<sup>®</sup> Trainers as well as being local and experienced therapists from Ukiah

Sponsored by:

**Additional Information:**

Lunch and refreshments will be provided

**-Space is Limited Don't wait to register-**

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