

COMMUNITY RESILIENCY (CRM)[®] TRAINING

Expanding Resiliency Series

Learn resiliency strategies to help yourself and others in our community.

Resiliency is a place of hope, compassion, and solutions. It improves communication, strengthens relationships, and helps us manage stress. Join Fairfield County Juvenile Court counselors Jennifer Beckley-Watson and Keith Tremblay as we learn and practice the skills of the Community Resiliency Model. You can use these skills to support yourself, your children and all other members of our community

This is an introductory series; no prior knowledge or skills are needed.



*Fairfield County District Library
Main Library 219 N. Broad Street
January 12, 19, 26 and February 2nd
10:00am-11:00am*

*Register on the Library website:
<https://fcdlibrary.libnet.info/event/7544453>*

Fairfield County District
Library

THE COMMUNITY RESILIENCY MODEL (CRM)[®] is a set of biologically based wellness skills aimed to re-set and stabilize the nervous system and designed by the [Trauma Resource Institute](http://traumaresourceinstitute.com).

traumaresourceinstitute.com