



LEARN IT

DO IT

FEEL BETTER

RECONNECT FOR RESILIENCE™ TWO-DAY TRAINING

The Reconnect for Resilience™ program teaches seven tools for people to use during stressful times in their lives. The tools are for anyone to use during hard times, no matter what their age or level of education. Science shows us that stress can lead to chronic sickness in our bodies, like high blood pressure, diabetes, and weight gain. We want to teach others how to work with our brains to get us back in our Balance Zone during hard times.

Reconnect for Resilience™ is a two-day training that is free to Asheville public housing residents. It will take place over two Saturdays, July 21 and July 28. Lunch, a stipend (for Deaverview residents), babysitting, and transportation will be provided. Any resident who goes to the full training on both Saturdays will be eligible to receive additional training to become a paid Resiliency Educator.

WHEN

Must Attend Both Saturdays

Saturday, July 21, 2018
9:00 a.m. to 5:00 p.m.

Saturday, July 28, 2018
9:00 a.m. to 4:00 p.m.

WHERE

Omega Middle School
62 State Street in West Asheville
Transportation is Available

REGISTRATION FEE

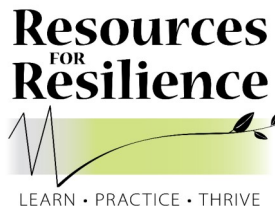
Free to Asheville Public Housing Residents

REGISTER TODAY

You can register by phone or email

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Reconnect for Resilience™ Description

The Reconnect for Resilience™ (RFR) program offers practical strategies for individuals and communities for staying well in tough times.

This training presents material about stress, trauma, and the brain, and teaches seven well-being tools in a simple, teachable format designed for anyone to learn, regardless of their level of education, age, or background. This is not therapy. These are wellness tools that anyone can use for themselves or the people they interact with that are interested in learning them.

RFR is a biological approach to teaching how the nervous system reacts in response to chronic stress and distressing events. Community members are given the “owner’s manual” to the body’s safety and threat detector. When people understand that the negative effects of high-stress and trauma are normal responses of the body’s autonomic nervous system, and are designed for our survival, it takes out the shame and judgment people hold towards themselves and others.

When our brain experiences threat or danger, we go into fight or flight and get Amped up, and if that isn’t possible, we can go into freeze and Shut Down. These are responses that keep us alive when we are in danger. But often, even after the danger has pretty much passed, we can stay stuck on Amped Up or stuck on Shut Down. The seven resiliency tools can help us get back into our Balance Zone, the place where we can think the clearest to begin to solve the problems we are facing. When we are in the Balance zone we also can connect to people we feel safe with. That is important when we live in a world that often feels unsafe - Connection is Protection.

Having these resiliency tools in our back pockets to pull out in tough times is a path to prevention of the long term physical and emotional effects of chronic stress. Over time, being out of our Balance Zone can lead to a range of health issues, like high blood pressure, heart problems, migraines, fatigue, stomach problems, anxiety and depression.

The resiliency tools are based on the concept in brain science, which holds that focusing on positive sensations in the body can be a pathway to re-balancing the nervous system that has been thrown out of balance in response to high stress or trauma.

The program is usually offered in a 12-hour training that is delivered over two days. The Reconnect for Resilience™ program is about empowering you to find the very specific information inside yourself to bring you back into a state of wellbeing when you are either stuck on Amped Up or stuck on Shut Down. It helps to:

Reconnect with your body’s natural capacity to reset your nervous system.

Reconnect with your ability to reduce shame through self compassion.

Reconnect with your family and community with a clear mind and a balanced nervous system.

Through demonstrations and many opportunities for group practice throughout the training, participants can learn how to apply the tools to bring emotions back into balance, restore self-compassion and re-connect to others. When these tools are practiced regularly, they can provide relief for the stress that community members face every day. Once we LEARN the tools, and as we PRACTICE them over time, we can THRIVE.

You can also view our website at www.resourcesforresilience.com.