

Resources FOR Resilience



LEARN • PRACTICE • THRIVE

LEARN

PRACTICE

THRIVE

RECONNECT FOR RESILIENCE™ TWO-DAY TRAINING

Reconnect for Resilience™ offers participants a set of practical strategies to promote wellbeing in the face of ongoing stress or adversity. Our simple, easy to understand tools are designed to support people of any age, education, or background. In this class, participants learn about the neuroscience of stress and trauma, and are given an “owner’s manual to the body’s threat and safety management system.”

Developed as a response to the public health crisis of ACEs (Adverse Childhood Experiences), Reconnect for Resilience™ teaches participants simple tools for self-regulation and co-regulation, and supports social emotional learning for all ages. Through demonstrations and group practice, participants learn to apply resiliency tools to: Reconnect with their body’s natural capacity to reset the nervous system after it has been thrown out of balance by stress and trauma; Reconnect with their ability to reduce shame through self-compassion; and Reconnect with their family and community with a clear mind and balanced nervous system.

WHEN

Thursday, November 1, 2018
8:30 a.m. to 5:00 p.m.

Friday, November 2, 2018
8:30 a.m. to 4:00 p.m.

WHERE

Haw Creek Commons
311 Old Haw Creek Rd | Asheville, NC

REGISTRATION FEE

\$260 per person
Limited scholarships available

Registration fee includes training and materials. Payment must accompany registration and indicates agreement to attend the entire training.

MAHEC All participants will receive a certificate of completion. If your licensing board or accrediting body requires formal CEUs, they will be available on-site through our sponsor for an additional \$25. This fee is due at check-in on Day One and can be paid by cash or check made payable to Mountain Area Health Education Center (MAHEC). MAHEC designates this continuing education activity as meeting the criteria for 1.4 CEUs as established by the National Task Force on the Continuing Education Unit.

REGISTER ONLINE

<https://tinyurl.com/ReconnectNov18>

Do you have questions or need additional assistance?

Please contact us at information@resourcesforresilience.com or visit our website at www.resourcesforresilience.com.