Resources
FOR
Resilience™
LEARN • PRACTICE • THRIVE

Reconnect
FOR
Resilience™
Two-day Training

Our Reconnect for Resilience™ training offers participants a set of practical ways to stay well in the face of stress or adversity. Our simple, easy-to-use tools are meant for people of any age, education, or background. In this class, participants learn what happens to their brains and bodies when they are stressed or experience trauma, and are given an owner's manual to their own threat and safety management system.

Developed as a response to the public health crisis of ACEs, or Adverse Childhood Experiences, this training gives participants tools to get back into balance - something that they can do on their own or with help from someone they trust. Through demonstrations and group practice, they learn to apply resiliency tools to: Reconnect with their ability to reset after being 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
Friday, March 27, 2020
8:30 a.m. to 5:00 p.m.
and
Saturday, March 28, 2020
8:30 a.m. to 4:00 p.m.

WHERE
Carolina Pines - Large Club Room
2305 Lake Wheeler Road | Raleigh, 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
To register for this event, please visit http://tiny.cc/RaleighReconnect.

828-367-7092

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