Reconnect FOR Resilience™

Four-day Virtual Training

Our virtual 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 virtual 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

December 8, 9, 10, and 11, 2020
12:30 p.m. to 4:00 p.m.

WHERE

This four-day virtual training will be held online using the Zoom virtual platform. Information will be made available to all registered participants prior to the start of the event.

REGISTRATION FEE

This event is offered at no cost through the generous support of the NC Department of Health and Human Services.

Due to limited space and very high demand, *participants should consider their ability to attend each day before registering.* If you are unable to use your ticket, please notify us immediately so that others can move off of the waiting list.

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 $50. 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

http://tiny.cc/DecemberPM

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