



RECONNECT TRAININGS

Reconnect for Resilience™ trainings offer community members a set of easy-to-use tools to stay well in the face of adversity. In this 14-hour class, participants learn what happens to our brains and bodies when we are stressed, and are given tools to stay healthy, connected, and resilient during tough times.

This trauma-informed and resiliency-focused program teaches participants about the biological effects of stress and trauma, and promotes a culture of resilience in homes, workplaces, and communities. It also introduces practical strategies that can be used by anyone to self-regulate, restore self-compassion, and re-connect to others.

ABOUT RFR

At Resources for Resilience™, our mission is to share practical tools to build up and support everyone's resilience. That is why we offer trauma-informed and resiliency-focused programs to individuals, organizations, and entire communities. Our organization was formed in response to the public health crisis of adverse childhood experiences and seeks to address the ongoing stress that many of us face every day. The easy-to-use strategies that we offer are intended for anyone to use as we work to prevent future adversity and help people stay healthy and connected during tough times. We believe that everyone has the ability to deepen their resilience and experience better days.

WHEN

March 18, 19, 20, and 21, 2021
9:00 a.m. to 12:30 p.m. daily (EST)

WHERE

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

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.



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

<https://conta.cc/3d1Jw7u>

CONTACT US

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