

# RECONNECT FOR RESILIENCE™ IN HEALTHCARE

## VIRTUAL SERIES



## WHAT IS RECONNECT?

Healthcare workers across North Carolina are invited to join us for our FREE virtual Reconnect for Resilience™ in Healthcare series. These interactive modules explore the biological effects of stress and trauma, while offering healthcare staff a set of practical tools to support resilience in themselves and their patients.

## WHO CAN ATTEND?

This series is available at no cost to all healthcare workers in North Carolina thanks to the generosity of the NC Department of Health & Human Services.

## CONTINUING EDUCATION

Up to 14 hours of continuing education are available through our partnership with the Mountain Area Health Education Center (MAHEC). Participants can request either nursing credits (NCPD) or general CEU and contact hours. Learn more about the fees associated with each type of credit on our registration page.

## COMPLETING MODULES

The full series includes five virtual modules ranging from two to three hours. Participants may choose to complete as many or as few modules as they would like; however, they must complete them in sequential order.

## REGISTRATION


To learn more about each module, review dates, and register for your preferred sessions follow the QR codes or links to the right.

## LEARN MORE:

- 1 MODULE 1:**  
Harnessing the Science of Resilience  
3 hours
- 2 MODULE 2:**  
Recognizing & Responding to Jolts in Healthcare  
3 hours
- 3 MODULE 3:**  
The Roadmap to Resetting Our Nervous System  
3 hours
- 4 MODULE 4:**  
The Iceberg of Trauma & Resilience in Our Bodies  
3 hours
- 5 MODULE 5:**  
Restoring Compassion After the Jolt of Shame  
2 hours



## CONTACT US

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