



Resources
FOR
Resilience™

RECONNECT ORIENTATION

Our Reconnect for Resilience™ Orientation offers adults a set of practical tools to stay well in the face of stress or adversity. Our simple, easy-to-use tools are meant for people of any age or background as we work to build our own and our children's resilience. In this 60-minute presentation, participants will learn what happens to our brains and bodies when we are stressed. They will also learn tools to stay healthy and connected to each other and with their children during times of stress.

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 & WHERE

Orientations will be held online via Zoom. Choose a date below that work best for your schedule.

Wednesday, April 27, 2022, from 12:00 p.m. to 1:00 p.m.
Thursday, April 28, 2022, from 6:00 p.m. to 7:00 p.m.
Thursday, May 19, 2022, from 12:00 p.m. to 1:00 p.m.
Thursday, May 26, 2022, from 6:00 p.m. to 7:00 p.m.
Thursday, June 16, 2022, from 12:00 p.m. to 1:00 p.m.
Wednesday, June 22, 2022, from 6:00 p.m. to 7:00 p.m.



Click here or scan the QR code to register

REGISTRATION

Registration is required. This training is available at no cost to North Carolina early care and learning professionals.

MORE INFORMATION

For more information join our mailing list by visiting www.resourcesforresilience.com and clicking "Email Sign-up"

We can also be reached by emailing information@resourcesforresilience.com



NC DEPARTMENT OF
HEALTH AND
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