



PRESENTS

# COMMUNITY RESILIENCY MODEL® FREE TRAINING

Open to anyone in the community



WEDNESDAY, MARCH 30, 2022

10:00 AM - 11:30 AM

## ABOUT THE TRAINING

This virtual training will introduce participants to the Community Resiliency Model (CRM)®, a novel approach in trauma recovery, mental wellness and self-care. Created by the Trauma Resource Institute, CRM skills can help restore the natural balance of the nervous system by focusing on sensations of well-being.

You will learn CRM skills that anyone can use to respond to the impact of traumatic and stressful experiences. By understanding the biology of the human body and how it responds to stressful events, you can enhance your ability to adapt to change and keep going in the face of adversity.

## WHAT YOU WILL LEARN

- Wellness skills to help you get back into balance with mind, body and spirit
- How to reduce symptoms related to stressful or traumatic events
- How to build resilience for yourself and your community

## WHO CAN ATTEND

Residents, service providers, community groups and organizations in Pomona, Claremont and La Verne

## FOR MORE INFORMATION

Contact us to learn more about attending or hosting a free community mental health training.

REGISTER FOR FREE

[bit.ly/3su2Z8v](https://bit.ly/3su2Z8v)

[cmht@tricitymhs.org](mailto:cmht@tricitymhs.org)

(909) 784-3013

[bit.ly/tcmhtrainings](https://bit.ly/tcmhtrainings)

@TriCityMHS