

# Online Training



## Mind Matters: Overcoming Adversity and Building Resilience

with Author, Carolyn Rich Curtis, Ph.D. and  
Master Trainer, Michele Wilson

**April 5-9, 2021**

**9:00 AM-12:30 PM Pacific/**

**12:00 PM-3:30 PM Eastern**

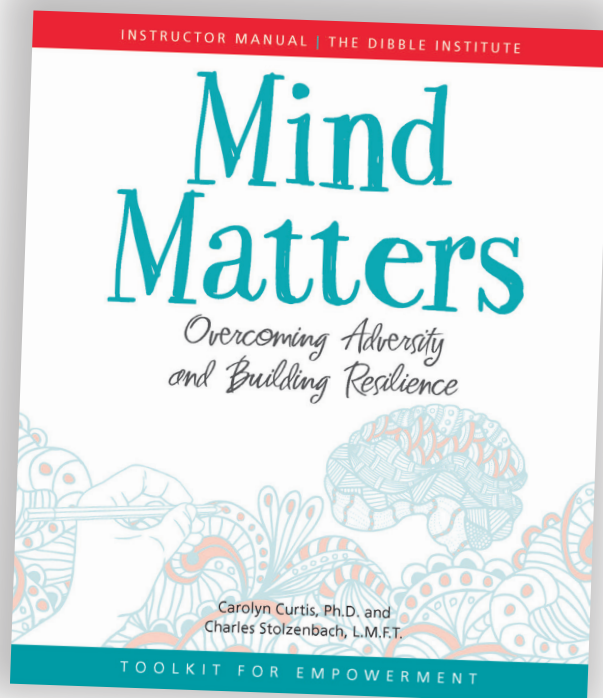
**\$949 for 5 days of half-day training sessions.**

CEUs are available with additional charge.

**For more details and to register, [click here](#).**

**Each trainee must have a copy of *Mind Matters* (\$325 plus tax and S/H)**

**Seats are limited to 25 participants and registration closes March 24, so register SOON!**



### ABOUT MIND MATTERS

Mind Matters' 12, one-hour lessons teach students ages 12 and up to respond to negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. Students learn to address their physical, relational, and mental health needs.

### PRAISE FOR MIND MATTERS

*Dr. Curtis has truly created a gift to the community of people looking for a way to help others learn about just how normal childhood adversity is, how profound its effects are on our brains, bodies, lives, and communities, and, most importantly, how to soothe and heal ourselves.*

*For that is where healing begins, within ourselves. From there we can continue to pay forward this new knowledge of human behavior and help people help themselves heal, with this toolkit tucked under our arms.*

—Jane Stevens, Founder, publisher, ACEs Connection Network