



RESILIENCE ROUNDTABLE

TARGET AUDIENCE:
THOSE WHO HAVE COMPLETED A
CRM WORKSHOP OR RECONNECT
FOR RESILIENCE TRAINING

VIRTUAL TABLE TALKS

- Stay connected to a resilient community
- Continue learning & practicing resiliency skills
- Share successes & resources



LEARN FROM A VARIETY OF TRAINERS

Resilience Roundtable sessions are hosted by Coastal Horizons Center and will be facilitated by local CRM Teachers & Resilience Educators.

DIVERSE TOPICS

- Sample Topics:
- Video or TED Talk discussions
 - Practicing wellness skills
 - Deeper dives into ACEs, Trauma, Resiliency, Disaster Recovery



Coffee Table
7:30 am

Lunch Table
12:00 pm

TWO CONVENIENT TIMES ARE OFFERED

2nd Wednesday of each month

ALL RESILIENCE ROUNDTABLE SESSIONS ARE FREE TO PARTICIPANTS TO REGISTER, DOWNLOAD FLYER & CLICK ON THE TIME YOU WANT TO ATTEND

Contact Amy Read for more info
aread@coastalhorizons.org