

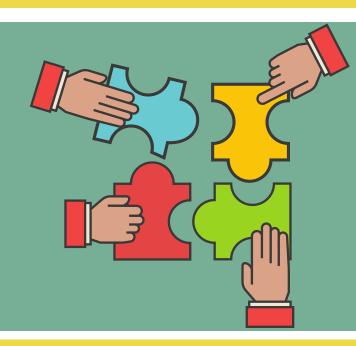
## RESILIENCE ROUNDTABLE

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





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