



# The Sonoma Community Resilience Collaborative

The Sonoma Community Resilience Collaborative is a multi-year program to support the long-term resilience and healing across Sonoma County. Endorsed and adopted as a part of Sonoma County Health Action, the collaborative will help our entire community develop the shared vision, skills, and connections that will enable us to truly rebuild our community "SonomaStrong."

**This evidence-based model from the Center for Mind Body Medicine:**

- Addresses stress and challenges in personal communities, before they become more serious
- Builds community capacity for ongoing healing and inclusive leadership
- Creates a shared community framework that feeds long-term resilience and equitable recovery
- Develops meaningful and diverse bonds across our community
- Builds on current recovery efforts and supports other community frameworks

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## Community Resilience Workshop

JOIN US!

July 26<sup>th</sup> 9:00 AM – 2:00 PM

*Finley Community Center*

Register and learn more at:

[cmbm.org/Sonoma](http://cmbm.org/Sonoma)

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THE SONOMA COMMUNITY RESILIENCE COLLABORATIVE STEERING GROUP:



**About the Center for Mind Body Medicine:** Founded in 1991 by James S. Gordon, MD. The Center for Mind Body Medicine (CMBM) is a worldwide leader in making self-care, group support, and community central to health care and education. Committed to teaching thousands to heal millions, CMBM has developed evidence-based programs to heal population-wide trauma in the Balkans, the Middle East and Haiti, with NYC fire-fighters post 9/11 and with war veterans, in post-Katrina New Orleans, in post-Harvey Houston, and most recently with Broward County Public Schools following the mass shooting in Parkland, FL among others.