The Community Resiliency Model® trains community members to not only help themselves, but to help others within their wider social network. The primary focus of CRM is to educate individuals about the biology and neurophysiology of trauma, stress and resilience. It also teaches simple biologically-based wellness skills, which can help re-set and stabilize the nervous system.

**The Resilient Zone**

The Resilient Zone or OK Zone is a state of well-being, where a person can think clearly, make decisions, communicate, feel like their best self.

**Bumped Out**

When stressful things happen a person can become “bumped out” of their Resilient Zone resulting in responding in ways that are not their best self.

**The HOPE**

Neuroplastisity teaches us that our brains can change. We can learn skills to widen our ability to handle life’s stressors and cultivate our own well-being based on our biology.

**The Skills**

Six Wellness skills to expand our well-being and cultivate resilience to stress and trauma.

**Upcoming Introduction Workshops**

Thursday, October 6 at 7:00 p.m.- 8:30 p.m.
Thursday, October 13 at 7:00 p.m. - 8:30 p.m.

**REGISTER HERE**

Brought to you by a partnership between the Foster Family Alliance and the Healthy Blue Initiative