



COMMUNITY RESILIENCY MODEL ORIENTATION

SATURDAY, OCTOBER 7, 2017. GLENDALE, CA

Location:

John Stauffer Auditorium

Dignity Health

**Glendale Memorial Hospital
and Health Center**

1420 S. Central Ave.

Glendale, CA 91204

**Parking validations will be
provided**

Date and Time:

October 7, 2017

10 am—12 pm.

FREE PRESENTATION

CRM is a set of skills that ordinary people can use of their own benefit and the benefit of their community to respond to the impact of traumatic and/or stressful experiences.

Who can Benefit from CRM?

- Health Care Providers
- Teachers
- First Responders (police, fire, EMT) and their families
- Veterans/active duty military members and their families
- Chaplains/Pastoral Counselors
- Community Leaders

Goals of CRM

To learn simple biologically based skills so adults and children can get back in body, mind and spirit.

To reduce uncomfortable reactions related to stressful/traumatic experiences.

To create “trauma informed” and “resiliency informed” individuals and communities.

**Seating is limited
To RSVP, please call
818-247-2062**



“ CRM skills changed my life. My stress symptoms make sense to me for the first time in 40 years. I can now “Amp Down” and get back into balance.”