



COMMUNITY RESILIENCY MODEL ORIENTATION

SATURDAY, OCTOBER 28, 2017. GLENDALE, CA

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?

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

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.

Location:

**Veterans Village
331 Salem St.
Glendale, CA 91203**

Date:

October 28, 2017

Time:

10 am—12 pm

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.”