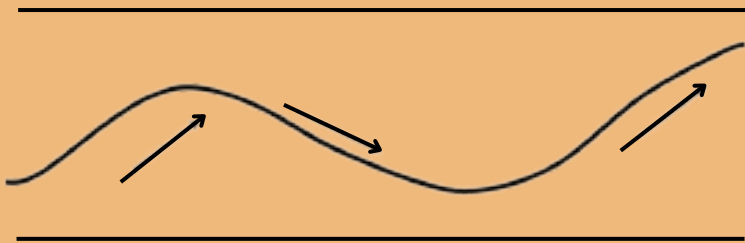




The Community Resiliency Model (CRM)[®]

CRM is a simple set of mental wellness skills that can be readily learned and practiced enhancing the ability to withstand stress. In CRM trainings, participants learn to understand the biology of their reactions to stress and trauma; they learn skills to track sensations connected to their wellbeing or resilience.

The Resilient Zone - "OK" Zone



CRM has been shown to help relieve stress and anxiety across a wide range of populations including:

- Children and Parents
- First Responders
- Educators
- Community Aid Workers

Why should you attend a training?

Participants will learn skills to track sensations connected to their wellbeing or resilience. The skills can increase the ability to return from a dysregulated emotional state to a balanced state when overwhelmed.

Wellroot Family Services offers a 1.5-hour CRM introduction that will lay the foundation for understanding our nervous system's response to stress and trauma.

To request a training, contact the Resilient North Georgia team at resilientnga@wellroot.org.

