



Community Resilience Model Training

Saturday, October 16th
8:00am to 12:00pm
Instruction by
Fighting Back
Santa Maria Valley

To Register Click Here

In these sessions we will...

- Learn simple biologically based skills, based upon current science, to help individuals and communities get back into balance in body, mind and spirit.
- Educate about common reactions resulting from individual or communal traumas such as poverty, racism, family violence, natural and human-made disasters.
- Create “trauma-informed” and “resiliency-informed” individuals and communities.
- Help people understand the common reaction after traumatic experiences are biology not mental weakness
- Learn the six wellness skills of the Community Resiliency Model

For questions: please email sbccpc@sbceo.org or tpitchford@sbceo.org



This professional development opportunity is brought to you by Santa Barbara County Quality Counts, Santa Barbara County Education Office, All training hours will be credited through Workforce Registry found here www.caregistry.org