

Resources FOR Resilience

LEARN • PRACTICE • THRIVE



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services

RESPONDING TO COVID-19

Resources for Resilience™ Virtual Orientation and Listening Circle Series

The COVID-19 crisis is affecting the mental health of so many of us. In this uncertain and difficult time, we all need ways to tap into our resilience. That is why Resources for Resilience™ is offering virtual orientations and listening circles for members, families, and caregivers in the Vaya Health region.

Whether you are working on the frontlines and fearing for your personal health and safety; worrying about loved ones who are older or living with compromised immune systems; struggling to balance working from home with the educational and emotional needs of your children; feeling trapped, isolated, or overwhelmed by the uncertainty of this time; or facing job loss related to COVID-19, our virtual orientations and listening circles can help by offering a place for you to learn resiliency tools, voice your concerns, support your emotion regulation, and increase community connection.

What are Resources for Resilience™ Virtual Orientations and Listening Circles?

A jolt like COVID-19 can throw our nervous systems off balance and leave us stuck in an “amped up” or “shut down” state that gets in the way of the body’s natural recovery process. When we have tools to get back into our Resilient Zone, however, we can think better, learn better, connect with others better, and approach problems from a place of calm.

Our one-hour orientation to the Reconnect for Resilience™ model introduces community members to the practical tools we teach to help people stay resilient in the face of stress or adversity. In this presentation, we talk about what happens to our brains and bodies when we are stressed. Participants are also given an owner’s manual to their threat and safety management system and learn tools to stay healthy and connected to others during these times of stress.

After attending an orientation, community members are invited to join us for a Resources for Resilience™ Virtual Listening Circle. Listening circles offer an online forum for community members to express what is hardest for them right now and be guided in the use of resiliency tools designed to bring our nervous systems back into balance during this time community stress.

ORIENTATION DETAILS

Monday, May 4, 2020

12:00 p.m. to 1:30 p.m.

<https://orientation20.eventbrite.com>

LISTENING CIRCLE DETAILS

Wednesday, May 13, 2020

12:00 p.m. to 1:00 p.m.

<https://vayacircle.eventbrite.com>

WHERE

Available online via Zoom. Please sign up for each event using the links above.

REGISTRATION FEE

These events are offered at no cost through the generous support of the NC Department of Health and Human Services. Members, families, and caregivers living in the Vaya Health region will be given priority consideration to attend these events.

Due to limited space and very high demand, *participants should consider their ability to attend both events before registering.* If you are unable to use your ticket, please contact us so that others can attend.



828-367-7092



www.resourcesforresilience.com



information@resourcesforresilience.com



13½ Eagle Street, Suite K, Asheville, NC 28801