



Resources for Resilience

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YOU'RE INVITED

Resources for Resilience is sharing practical tools to support North Carolina parents and caregivers. Their easy-to-use strategies are for everyone as we work to build our resilience and help each other stay healthy and connected during these tough times. This fall, you are invited to their free, virtual events. To register, review the event date selections and contact **Lisa Hayworth** at lhayworth@randolphkids.org or **336-629-2128 x10** with your contact information and preferred training dates. Sessions are limited and will be filled first-come, first served.

14-hour Reconnect for Resilience Trainings

Tuesday through Friday, 8:30 a.m. - 12:00 p.m. or 12:30 p.m. - 4:00 p.m.
Limited Saturday trainings available

Our trainings offer families a set of easy-to-use tools to stay well in the face of adversity. In this 14-hour virtual class, adults learn what happens to their own—and their children's—brains and bodies when they are stressed. They are also given tools to stay healthy, connected, and resilient during tough times.

One-hour Listening Circles

Available throughout the day, Monday through Friday

Listening Circles are an online forum where parents and caregivers can connect with each other and talk about what is stressful for them right now. Our trained facilitators then offer concrete tools designed to help them de-stress and highlight what is getting them through this time of individual and community difficulty.



Hearing others describe what is hard for them right now and watching them learn to reset by sharing their joys made me feel normal and helped me stay the course.



This training has completely shifted my approach to parenting and being present with my children. We all still have bad days but, when we do, we have more tools in our toolbox to connect with each other and move on. My kids frequently ask me to use tools with them or remind me to use the tools for myself when I'm getting irritated. Reconnect for Resilience has been a true blessing for myself and my family. Thank you so much.



Listening Circles are the very best way to relieve stress, right this minute.