

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

"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 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 now available each weekday at:

- 10:00 a.m. to 11:00 a.m.
- Noon to 1:00 p.m.
- 12:30 p.m. to 1:30 p.m.
- 1:30 p.m. to 2:30 p.m.
- 6:00 p.m. to 7:00 p.m.
- 7:00 p.m. to 8:00 p.m.

No registration is required, and there is no pre-requisite to attend. Participants are welcome to drop in on any day or at any time, and they may participate as often as they would like. To access the full fall calendar, including links to each Zoom session, please visit tiny.cc/RFRCalendar.



LEARN PRACTICE THRIVE



YOU'RE INVITED

Resources for Resilience is sharing practical tools to support parents, caregivers, and agency staff working with young children. 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. **Contact Carrie Hall at 828.733.2899 or email admin@brpartnershipforchildren.org to sign up today!**

14-hour Reconnect for Resilience Trainings

*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. **See schedule inside.***

One-hour Listening Circles

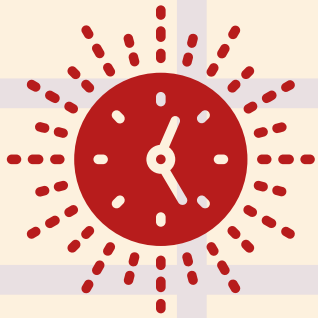
Available throughout the day, Monday through Friday. Listening Circles are an online forum where parents and caregivers can connect with each other and talk about what is stressful for them right now. Our trained facilitators then offer concrete tools designed to help them de-stress and highlight what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

Reconnect for Resilience Training Schedule

Sessions are reserved on a first come, first served basis so register early to ensure you get the time that works best for your schedule.



For early birds, sessions are available Tuesday - Friday, 9:00 am - 12:00 pm, the week of 10/6 - the week of 12/14. Make-up sessions are not available so you must attend all 4 daily sessions in the week you select when you register.



If afternoons are better for you we've got you covered. Sessions are available Tuesday - Friday, 12:30 pm - 4:00 pm the week of 10/6 - the week of 12/14. Make-up sessions are not available so you must attend all 4 daily sessions in the week you select when you register.



If weekdays don't work, we've got that covered too. Two consecutive Saturday sessions are available on October 17th & October 24th and November 7th & November 14th, 8:00 am - 4:00pm. Make up sessions are not available so you must attend the consecutive Saturdays you select when you register.



Please note!

No sessions will be held during Thanksgiving week.

Contact Carrie Hall at 828.733.2899 or email admin@brpartnershipforchildren.org to sign up today!

If you would like to participate in these trainings but have issues with device/internet access, we may be able to assist you. Ask Carrie for more information on this technology assistance program when you register.