



RESILIENT

BRUNSWICK COUNTY

RESILIENT BRUNSWICK 2ND ANNUAL DAY OF RESILIENCE

March 6, 2025
8:30 am - 4:00 pm

Odell Williamson Auditorium
at Brunswick Community College
150 College Rd.
Bolivia, NC 28422

Scan or click this QR
code now to register

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RESILIENT BRUNSWICK

Join us for a day of resilience and wellness. Come connect, relax, and engage. Customize your conference day by scanning or clicking the QR code above and registering for the events of your choosing by February 24, 2025. Presented in collaboration between:



SCHEDULE OF EVENTS: Light refreshments available. Feel free to bring drinks and snacks.

Registration 8:30 am-9:00 am	Choose one track 1. <u>CRM Introduction</u> - This session introduces the six wellness skills of CRM, designed to help track your own nervous systems in order to bring the body, mind and spirit back into greater balance, and to encourage people to pass these skills along to family, friends and their wider community. 2. <u>QPR Suicide Prevention Training</u> - This session will teach you how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
Morning Session 9:00 am-11:00 am	
Yoga 11:00 am-11:30 am	Yoga Session with Yolanda Keith, Executive Director at Community Counseling Center
Lunch 11:30 am-1:00 pm	Lunch Break - Feel free to visit the Bad Eatz food truck on campus or one of the nearby restaurants.
Afternoon Session 1:00pm-3:30 pm	Choose one track 1. <u>CRM Skills in Action</u> - Focuses on using CRM skills in your personal and/or professional life in order to show up as your best self. This session will conclude with a fun CRM Bingo game. This session is most appropriate for those who have previously attended a CRM workshop however all are welcome. 2. <u>Paper Tigers film and Discussion</u> - This documentary profiles students at an alternative high school who have experienced high levels of adverse childhood experiences (ACEs) such as abuse, neglect, and family dysfunction. It shows how the school's trauma-informed approach and strong support system helps students overcome challenges to graduate and pursue higher education.
Closing Remarks and Next Steps 3:40pm-4:00 pm	Kindly join us in the auditorium for brief closing remarks from the Resilient Brunswick County Task Force.

For more info contact Bonnie Jordan
bjordan@cisbrunswick.org

REGISTRATION CLOSING 2/24/25