



Join A Community Supporting Mental Wellness

Trillium Is Launching The Evidence-Based Community Resiliency Model® (CRM) To Empower The Trillium Community To Improve Their Well-Being While Supporting Others



Wednesday, April 29
9am-12pm OR 1-4pm

Beaufort County Health Department
Rooms 170 & 171
1436 Highland Drive
Washington, NC 27889



What We Pay Attention To Grows

What is CRM?

Humans have common, biological reactions to stressful and traumatic events. CRM® is the brain science behind regulating our nervous system.

Learn CRM Skills

The CRM model teaches in-the-moment body awareness skills that help regulate stress and bring your nervous system back into balance.

What's in it for me?

Connect with community members and become one of our first CRM® Guides to support you and others well-being!