



What we pay attention to grows

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.

CRM[®] Highlights

► What is CRM?[®]

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

► Learn CRM[®] Skills

The 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 best support you and others well-being!

Workshops for the Community

Click on the time linked below to register now!



Tuesday, January 6th

230 Government Center Drive
Wilmington, NC 28403

[9 a.m.-12 p.m.](#)



Tuesday, January 6th

230 Government Center Drive
Wilmington, NC 28403

[1 p.m.-4 p.m.](#)

