



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.

Workshops for the Community

Click on a time below to register.

Wednesday, February 4, 2026

9 a.m.-12 p.m. or 1 p.m.-4 p.m.

Martin Community College
Building 1, Room 14
1161 Kehukee Park Road
Williamston, NC 27892

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!



What we pay attention to grows.