



KC READY 4S & THE
TRAUMA RESOURCE
INSTITUTE PRESENTS THE:



Brain Balance

Understanding Trauma & Resiliency

Taught By Erika Hamlet, CRM Certified Trainer



During this two hour overview training of the Community Resiliency Model, participants will gain an understanding of trauma & resiliency, as well as learn the four main wellness skills that grow a person's resilient zone & regulate their nervous system. This training will be paired with a second 1.5 hour training in order to learn & practice tangible ways to effectively incorporate the skills into the Pre-K classroom.

When: September 29th, 6-8pm & Oct 2nd, 12:30-2:30pm (*Overview Sessions*)

When: Oct. 13th, 6-7:30pm & Oct. 16th, 12:30-2:00pm (*Skills Sessions*)

Where: ZOOM

RSVP: By September 25th

Please register through the KC Ready 4s website

- Gain a basic understanding of trauma and the impact on the brain
- Clearly understand the four main wellness skills of the Community Resiliency Model
- Learn how to incorporate the Community Resiliency Model effectively in the classroom



COMMUNITY RESILIENCE MODEL

Taught By Erika Hamlet, CRM Certified Trainer

Erika is the Coordinator of Family & Community Relations at KC Ready 4s as well as a trained and certified CRM educator. She has worked with a range of families over the the last four years supporting them in times of need & connecting them to community resources. She also provides trauma informed education to Pre-K programs across the county. She is excited and very eager to bring this model to our community in hopes of providing tangible tools to empower each individual person.

More about the Model and the Trauma Resource Institute:

The mission of TRI is to take people from despair to hope through simple skill-based interventions based on cutting edge research about the brain. We aim to expand access to biologically based treatments by training frontline service providers, community leaders and clinicians in order to build local capacity in diverse communities nationally and internationally. The Community Resilience Model has been used in over 100 countries (and counting) for a wide range of reasons for a wide range of communities.

We hope to create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

So thank you for joining us and we hope to see you soon!