



BUILDING RESILIENCE TO BUFFER STRESS

Learn a holistic, full-body approach to managing stress.

The Community Resilience Model (CRM) helps you and your child understand your mind's "Resilient Zone" and how to use it effectively.

Discover how stress affects the body through neuroscience, and gain five practical wellness skills your whole family can use at home or work to support your well-being!





W E D N E S D A Y
FEBRUARY 12TH


Join us for this FREE workshop!

- ☒ No Registration Required
- ☒ All Hairston Middle School families welcome to attend!

5:30PM-7:30PM **AT HAIRSTON
MIDDLE
SCHOOL**

 336-429-5600

 melanie@kellinfoundation.org

 www.kellinfoundation.org



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