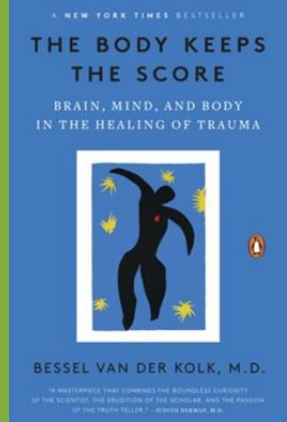


You're Invited!

Be a part of the Building a Region of Resilience Book Club, a discussion of Bessel Van Der Kolk, M.D.'s book *The Body Keeps the Score*



Building a Region of Resilience is inviting you to be a part of an important conversation on trauma and its impact on the body, brain and behavior. Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In this book, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies.

When: The 2nd, 3rd and 4th Wed. in June from 3:30 – 5 PM (6/8/22, 6/15/22, and 6/22/22)

Where: Discussions will be facilitated via Zoom and credentials emailed with the invite upon registration. Book request deadline: May 13, 2022. Event registration deadline: May 27, 2022.

Registration: <https://forms.gle/QhYS7xnbhZbC6Lcd7>

Improving Understanding in NW Georgia

The Building a Region of Resilience Initiative is a Resilient Georgia, grant-funded project. It is designed to build capacity, increase community awareness and advocate for systems change that improves resilience and long-term outcomes for children and families in northwest Georgia.

Becoming trauma- and/or poverty-competent is a journey. Like all journeys it begins with taking the first step, in this case making a commitment to change. It will take time to build your capacity and skills. In the meantime, you can start building resilience today by getting more information about poverty, trauma and resources available in NW Georgia on our website: www.ResilientNWGA.org

