





Free community webinar

# Community Resiliency Model<sup>®</sup>




 **Thursday, September 11, 2025**  
1:00 PM–4:00 PM

 This training is free and open to the general public, service providers, community groups, and organizations in Pomona, Claremont and La Verne

Learn wellness skills to feel in control when things seem out of control

This 3-hour training will introduce participants to the Community Resiliency Model (CRM)<sup>®</sup>, a novel approach in trauma recovery, wellness and self-care. Created by the Trauma Resource Institute, CRM skills can help restore the natural balance of the nervous system by focusing on sensations of well-being.

After attending, participants will be able to:

-  Understand the impact of trauma and chronic stress on the nervous system.
-  Practice wellness skills to help reduce mental, emotional and spiritual strain.
-  Improve resilience during times of stress for yourself, your youth and your family.

## For more information

Contact us to learn more about attending or hosting a free mental health training for your community or organization in Pomona, Claremont and La Verne

 [cmht@tricitymhs.org](mailto:cmht@tricitymhs.org)  (909) 242-7636



## Register for free

Visit the link or scan the QR code

<https://tinyurl.com/bdf2n4h3>



Funded through the voter-approved Mental Health Services Act (Prop. 63).

**HOPE. WELLNESS. COMMUNITY.**  
Let's find it together.

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