

RESILIENT ZONE: THE COMMUNITY RESILIENCY MODEL



Have you ever been so upset that you thought you were going to explode? Or felt so sad that nothing seemed to matter? The Community Resiliency Model (CRM) provides knowledge and skills so individuals can consistently show up as the best version of themselves on any occasion.

CRM offers ongoing self-care strategies, a mechanism for peer-to-peer support, and fosters the ability for individuals to widen their “resilience zone” by using wellness skills learned from the Community Resiliency Model.

The Resilient Zone

When we are in our “Resilient Zone,” we have the best capacity for flexibility and adaptability in mind, body and spirit.

