



Free community webinar

Community Resiliency Model



Tuesday
February 24, 2026

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 you to the Community Resiliency Model (CRM)[®], 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, you will be able to:

- ✓ Understand the impact of trauma and chronic stress on body.
- ✓ 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

Empower your community with knowledge and support. Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.

 cmht@tricitymhs.org  (909) 242-7636



Register for free

Visit the link or scan the QR code

tinyurl.com/57b4tk7