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September 25, 2025

## Resilience Resource Review

### Durham Resources and Happenings

Do you have an announcement about a new resource, program, or event? This is the spot to share it!

**WELL-BEING THROUGH THE WORD  
AND YOUR WORDS**

*Change Your Words*  
**CHANGE YOUR WORLD**

REGISTRATION  
QR CODE



Join us in person  
**SEPTEMBER 27, 2025 10:00 AM - 12:00 NOON  
BRUNCH**

Register: <https://CC092725.eventbrite.com>  
Hilton Inn Southpoint  
Located in: Renaissance Center  
Address: 7007 Fayetteville Rd, Durham, NC 27713  
NO CHARGE

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*Heal, Grow, and Thrive through the Word and the Words*  
Facilitators: Pastors Earl and Wanda Boone

TRY's Change Your Words, Change Your World program, led by Dr. Wanda Boone, a Master Trainer for 4 years and trained by Dr. John Evans, is grounded in his research, which demonstrates that expressive writing improves immune function, enhances sleep, reduces stress, and fosters emotional healing and self-awareness.



\*Ask about facilitator training

[Casting Cares](#), *Together for Resilient Youth (TRY)*, Hilton Garden Inn Durham Southpoint Hotel, September 27, 10 am - 12 pm

Casting Cares is a faith-based writing program that blends scripture and expressive writing to support healing, reflection, and spiritual growth. Inspired

by the research of Dr. John Evans (*Writing for Health*) and Dr. Wanda Boone's *Change Your Words, Change Your World*, the course guides participants in using intentional scripture writing to release burdens, reframe perspectives, and invite God's presence into their daily lives. Designed to go beyond traditional journaling, this program empowers individuals to embrace emotional healing and spiritual renewal, with both in-person and online participation options available. Register [here!](#)



[Latino Cultural Festival](#), *El Futuro*, September 28, 4 pm - 7 pm, 2020 Chapel Hill Road

El Futuro invites you to celebrate the Latino Cultural Festival in the spirit of community, connection, and cultural pride. This family-friendly event will feature music, dance, games, traditional food, and cultural performances that honor Latin traditions while creating space for visibility, healing, and belonging. More than a cultural gathering, the festival is a celebration of community spirit and a chance to come together to honor roots and foster unity for future generations. Volunteers are also needed to support logistics, games, and other activities to help create a meaningful space for all. [Register to Volunteer!](#)

**CIRCLE OF HOPE**  
for  
**THE COMMUNITY**

**EPiC**  
EMPOWERED PARENTS IN COMMUNITY



Circle of Hope is a FREE support group for Black parents, led by skilled facilitators. Come build community with parents you can relate to - we're stronger together! Register for the one for you!

- ✔ Food and childcare provided
- ✔ Open to the community
- ✔ Opportunity for self-care

**WEEK DAYS**

Men's Group  
Women's Group  
Multi-family Group

**REGISTER NOW!**



Durham, Chatham, & Some Virtual

[Circle of Hope](#), *Empowered Parents in Community (EPiC)*, *Multiple Dates*  
EPiC's Circle of Hope sessions provide Black parents and families with a supportive space to connect, share challenges, and work toward solutions that foster showing up whole, healthy, and healed for their children. Offered in six-week cycles, these gatherings build capacity, strengthen community, and provide meaningful resources to support families. [Registration](#) is required, as space is limited, and dinner and childcare are provided to ensure accessibility and participation.

# "TRIPLE P PARENTING" CLASS

8 Week Series - Group 4 Level

OCTOBER 1ST - DECEMBER 3RD  
EVERY WEDNESDAY AT 10:00AM

Light refreshments & childcare provided

Interested in attending this series? or  
more information on how to register?  
Please call, text, or email:

Axel (919) 698-0539 afvaleriano@dconc.gov  
Carmen (919) 698-0667 creeves@dconc.gov



Cooperative Extension

Welcome Baby is a program of Durham County Cooperative Extension Supported with funds from Durham County Government, Durham's Partnership for Children, a Smart Start Initiative and The Duke Endowment.

["Triple P Parenting" Class, Welcome Baby, October 1 - December 3rd, Wednesdays at 10 am](#)

Welcome Baby is offering an eight-week Triple P (Positive Parenting Program®) Class designed to give parents practical tools for building nurturing family environments and addressing behavioral or emotional challenges in children. This evidence-based program supports parents through group sessions, at-home resources, and individualized guidance, helping families strengthen communication, reduce stress, and promote healthy child development. Light refreshments and childcare will be provided to ensure accessibility and support for all participants. Register [here!](#)

[Thrive from the Inside Out: Tools for Emotional Wellness, Durham County Department of Public Health, Virtual, October 8, 2 pm - 3 pm](#)

In recognition of National Emotional Wellness Month, this webinar will explore the importance of emotional intelligence and how personal emotional health impacts both individuals and those around them. The session will conclude with 12 practical tips to foster emotional wellness, encouraging participants to choose and apply strategies that resonate with their own lives. [Register now!](#)



[Queer Youth Prom](#), LGBTQ Youth Center of Durham, PS37 Venue, October 11, 6 pm - 9 pm

The LGBTQ Youth Center of Durham invites high school students ages 13–19 to the Queer Youth Prom: Halloween Edition, a free celebration held on National Coming Out Day. Taking place at PS37 on Foster Street, the evening will feature drag performances, DJs, food, and plenty of opportunities to connect and celebrate in an affirming space. Chaperones will be present to ensure a safe environment, and all attendees are required to register individually and complete an emergency contact form. Register [here!](#)



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## **Mental Health First Aid Trainings, Alliance Health, Virtual**

These evidence-based trainings equip participants with the skills to recognize signs of mental health or substance use challenges, offer initial support, and connect individuals to appropriate care. Each session runs from 9:00 AM to 2:30 PM, takes place online, and costs \$23.95. If you have any questions, please reach out to Becky Fescina at (919) 989-5528 or [rfescina@alliancehealthplan.org](mailto:rfescina@alliancehealthplan.org).

- [Adult Mental Health First Aid – Wednesday, October 15](#)  
Focuses on supporting adults (ages 18+) experiencing issues such as anxiety, depression, psychosis, or addiction.
- [Youth Mental Health First Aid – Monday, October 20](#)  
Designed for adults who regularly interact with adolescents (ages 12–18), including caregivers, educators, and community members. Covers how to assist youth facing mental health or substance use challenges or crises.

A vibrant purple and yellow poster for the LIFT Youth Movement. At the top, the word "LIFT" is written in large white letters, followed by "LEAD \* INSPIRE \* FLOURISH \* THRIVE" in smaller white letters. Below this, a yellow banner reads "OPEN ENROLLMENT!" and "Empowering Youth to Rise Together". The main text describes LIFT as a movement where youth build leadership skills and support each other. A list of four bullet points follows: "Lead with purpose", "Inspire your peers", "Flourish through personal growth", and "Thrive in your community". Below the list, it says "Earn community service hours and qualify for possible stipends while making a real impact." To the right, there is an illustration of a hand holding a pencil over a notepad, with a smartphone nearby. The word "FUN" is written in large, colorful letters at the bottom right. A QR code is located in the bottom left, with a red arrow pointing to it. Below the QR code is the URL "bit.ly/4myjSaR". At the bottom, a yellow banner reads "JOIN THE 'LIFT' YOUTH MOVEMENT!" and "Why Join LIFT?" followed by a list of four bullet points: "Build lifelong skills in resilience, advocacy, and peer support", "Be part of a team that uplifts and empowers", "Share your voice and help shape solutions that matter", and "Connect with mentors, leaders, and changemakers across Durham". At the very bottom, there is a footer with "PHONE 919-491-7811", "TRY4RESILIENCE.ORG", and a small circular logo with various icons.

PHONE 919-491-7811

TRY4RESILIENCE.ORG



## [Living in Future Tense \(LIFT\) Youth Healthy Decisions Program, Together for Resilient Youth \(TRY\)](#)

LIFT empowers young people to lead with honesty, caring, integrity, equality, and social justice. Through training and action, LIFT Youth Ambassadors learn how to make healthy, safe, and drug-free choices while addressing critical issues like bullying, suicide, self-harm, body image, and substance use. During the school year, participants form Action Teams of 3–5 peers to serve as role models in their schools and communities, promote positive mental health, and create personal life and health plans to stay on track for the future.

Ambassadors also engage their parents and peers in conversations about health, leverage social media to spread positive messages, and take part in national prevention events such as National Drug Facts Week, Suicide Prevention Month, and Recovery Month. Register [here!](#)

## **ACEs and Resilience Research and News**

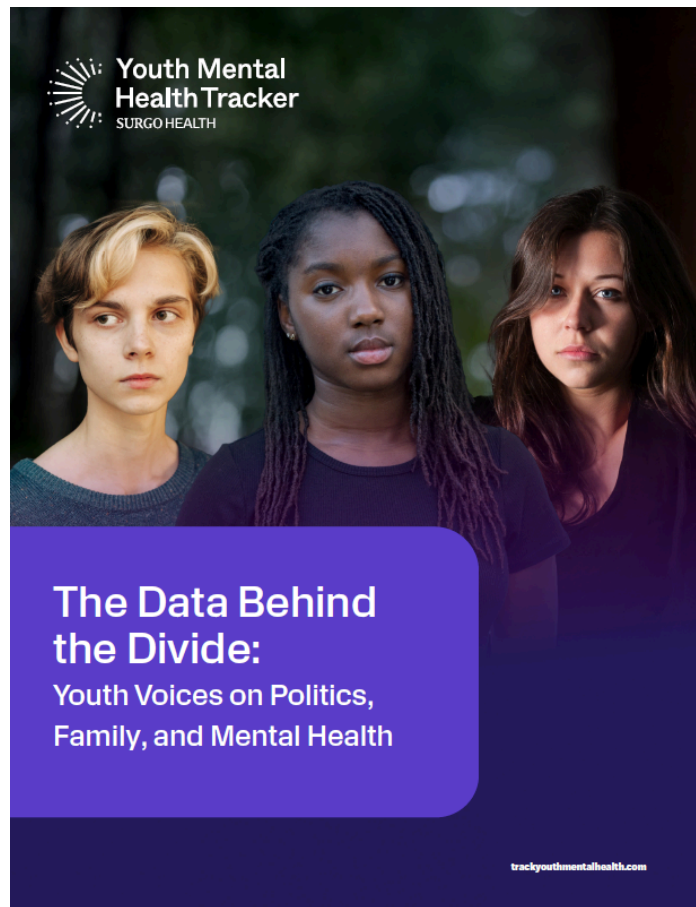
This section contains research - academic, community, and organizational - about topics related to ACEs and resilience. Did you recently release a report or publish an article or read something that informed your practice? Share it here!

### [El Futuro Partnered with PCORI to Elevate Latine Youth Mental Health](#)

El Futuro has released the results of Mi Voz, Nuestra Salud, a PCORI®-funded initiative that engaged Latine youth, families, and community leaders to shape adolescent mental health care in North Carolina. Over 18 months, participants identified key priorities including stronger parent-child communication, stress management skills, cultural identity and belonging, healthy routines, and expanded access through bilingual Community Mental Health Workers (CMHWs). These findings point to practical, culturally grounded strategies to reduce stigma, strengthen families, and ensure Latine youth have the support needed to thrive. Read more [here!](#)

### [SPRC Suicide Prevention Month: Ideas for Action Guide](#)

The Suicide Prevention Resource Center has released a new Ideas for Action guide to support meaningful participation in Suicide Prevention Awareness Month. This concise two-page resource provides practical strategies for individuals and communities, including learning about effective prevention practices, sharing stories of hope, and encouraging connection and support for those who may be struggling. Designed for use anywhere, the guide offers simple yet powerful ways to promote awareness and help prevent suicide. Access it [here](#).



### [Surgo Health Report Highlights Political Stress Impacting Youth Mental Health](#)

The Politics & Youth Mental Health Report from Surgo Health offers one of the first nationally representative insights into how today's polarized political climate affects youth ages 13–24. Findings show that political stress begins well before voting age, straining friendships and family relationships and weighing heavily on marginalized youth. Young people report wanting open, respectful conversations at home rather than being shielded from political news, pointing to the need for families, educators, and policymakers to foster dialogue that reduces stigma and supports youth well-being.

## **Webinars, Conferences, and Trainings**



[Trans Youth Emergency Project Town Hall](#), Campaign for Southern Equality, Virtual, September 30, 6 pm - 7:30 pm

The Campaign for Southern Equality will host a Trans Youth Emergency Project Town Hall to address the recent wave of clinic closures following a federal executive order that has led at least 25 clinics across 15 states to cease or restrict gender-affirming care for youth under 19. This virtual event will provide families, caregivers, and community members with clear information on the evolving legal landscape, guidance on what these changes mean, and tangible resources to help impacted families access supportive providers. Participants will also receive a summary of the discussion, ensuring access to critical updates and resources even if unable to attend live. Register [here](#).

[Celebrating Hispanic Heritage Month: A Conversation on Culture, Identity, and Mental Health](#), NC Department of Health & Human Services (NC DHHS), Zoom, October 1, 12 pm - 1:30 pm

NC DHHS will host a special webinar in honor of Hispanic Heritage Month exploring the connection between culture, identity, and mental health within

Hispanic and Latinx communities. The session will examine how cultural values and lived experiences influence mental well-being, the role of stigma in accessing support, and the importance of recognizing and building on community strengths. Participants will gain insight into fostering culturally responsive approaches that honor identity while promoting mental health and resilience. Register [here](#).

[The Impact of Toxic Stress on Health and Your Role in Resilience Webinar](#), NC AHEC, Virtual, October 7, 9:30 am - 12:45 pm. \$60

The Impact of Toxic Stress on Health and Your Role in Resilience is a training designed for healthcare and human service professionals seeking to better understand adverse childhood experiences (ACEs), toxic stress, and their long-term effects on physical and behavioral health. Participants will explore social determinants of health, learn to use tools for screening ACEs, benevolent childhood events, and adult resilience, and examine how the Community Resiliency Model can support a two-generation approach to care. Led by [Rachel A. Galanter](#), MPH, this program will equip attendees with practical strategies to mitigate the risks of toxic stress and strengthen protective factors within their roles and communities. Continuing education credits are available for psychologists, nurses, and other professionals. [Register today!](#)

## Job Opportunities

Please contact the hiring agency with any questions.



[Multiple Job Openings](#), *Families Moving Forward*

Families Moving Forward is hiring for two roles that support its mission of serving families experiencing homelessness. The [Workforce Development Coordinator](#) will provide case management and employment support to shelter residents and former guests in the Branching Out aftercare program. The [Team Associate](#) (part-time) will help ensure the smooth and supportive daily operation

of the emergency shelter, assisting families with orientation, immediate needs, and conflict de-escalation while maintaining a safe and welcoming environment. Please click [this link](#) to learn more!



[Multiple Job Openings](#), *Center for Child & Family Health*

The Center for Child & Family Health is hiring for three full-time positions that support its mission of preventing and treating childhood trauma across North Carolina. The [Training and Evaluation Specialist](#) will join the NC Child Treatment Program and PCIT & CARE Training Program to strengthen the child trauma mental health workforce through evidence-based treatment training, evaluation, and technical assistance. The [Program Coordinator](#) will support the NC Child Treatment Program by managing expenses, supplies, event logistics, travel, and stakeholder communications to ensure smooth program operations. The [Bilingual Home Visitor](#) will serve families in the Durham Early Head Start Home-Based Program, providing in-home education and support in English and Spanish to promote child development, strengthen parent-child interaction, and connect families to community resources.



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