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April 17, 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!

EXPERIENCE WELL-BEING THROUGH WRITING

Change Your Words CHANGE YOUR WORLD

Join us over Zoom

April 17, 2025 7:00 PM – 8:30 PM

Register: <https://CYW04172025.eventbrite.com>

Heal, Grow, and Thrive Through Words

Facilitators: Dr. Wanda Boone & TRY

This session will be led by Dr. Wanda Boone, the primary trainer, alongside trained facilitators* who have been prepared to support and enhance the course delivery.

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



[Change your Words, Change your World](#), TRY, April 17, 7 pm - 8:30 pm, Zoom
Transform your life through the power of words—join Together for Resilient Youth (TRY) for an uplifting writing workshop designed to support mental and emotional well-being.

In this online event, explore how writing can transform both health and outlook. Engage in short, guided exercises and gain insights into the science behind writing's benefits—including reduced stress, improved sleep, and even enhanced immunity, as noted by Dr. John Evans. Discover practical ways to harness writing for personal growth. Sharing your writing is completely optional.

Don't miss this opportunity to change your words—and change your world—through the art of writing. Register [here](#)!

COLLECTIVES

Special Education

Connect with other Black families and educators to share resources, build support networks, and work together on advocacy efforts to improve special education experiences and outcomes for our children.

**WEDNESDAY
APR 23RD
6:00-8:00 PM**

Durham Nativity School
1004 N. Mangum Street, Durham



**USE THE QR CODE TO REGISTER
OR VISIT THE LINK IN OUR BIO**



Part of the EPiC effort to dismantle systemic racial inequities in education. [EPiC-NC.org](https://www.epic-nc.org)

[Special Education Collective Meeting](#), EPiC, April 23, 6 pm - 8 pm, Durham Nativity School

At this event hosted by Empowered Parents in Community (EPiC), you can connect with like-minded Black families as they build community, share valuable resources, and unite around a common advocacy goal for children with learning differences. Together, this community has the power to create meaningful change in our schools — learn how to collaborate to navigate and disrupt systems that impact children's education. Dinner and childcare will be provided (childcare available for children 12 months and older). This month, the [Exceptional Children's Assistance Center](#) (ECAC) will share insights on navigating the special education system, offer resources for families, and answer your questions. Don't miss this chance to gain valuable knowledge and support! Register [here](#)!

DURHAM COMMITTEE ON THE AFFAIRS OF BLACK PEOPLE
HEALTH AND SAFETY COMMITTEE

WHERE DO WE GO FROM HERE?

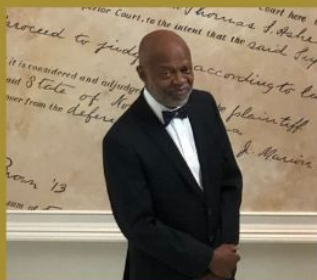
A COMMUNITY CENTERED DISCUSSION

TAKE
ACTION

SAVE THE DATE: APRIL 26, 2025 6:30 PM



Nadine J. Barrett, PhD, MA., MS,
Professor, Department of Social
Science and Public Health Policy,
Population Health Sciences
Senior Associate Dean, Research
Access and Community
Engagement in Wake Forest
School of Medicine and Chief
Engagement Officer, Cancer
Service Line.



Pastor C. Earl Boone,
At His Feet Ministries International &
Wisdom for the Way
Casting Cares Facilitator
Change Your Words. Change Your World Facilitator
Co-Founder Pinnacle CDC
Founder WEBOO LLC

LOCATION TBA

Why Participate?

- 1 Your insights will directly impact the development of innovative solutions.
- 2 Connect & Collaborate: Network
- 3 Be Heard: Your opinions will shape decisions that matter.

To RSVP or
for more information,

Dr. Wanda Boone
DCABP Health & Safety Chair

NCAHHH@AOL.COM

[Community Centered Discussion: Where Do We Go from Here?](#), DCABP, April
28, 6:30 pm - 7:30 pm, St. Joseph Church

Join the Durham Committee on the Affairs of Black People (DCABP) for *Where Do We Go From Here?*—an inspiring, in-person community-centered discussion rooted in hope, resilience, and unity.

This gathering embraces the spirit of *Ubuntu*, the philosophy that "I am because we are," highlighting the strength found in community. In a time marked by confusion, concern, and fear, this conversation offers a space to reaffirm connection, foster resilience, and envision a shared path forward.

Together, participants will explore ways to navigate adversity, strengthen bonds, and build a future grounded in collective determination.

Everyone is welcome at this free event. Registration is encouraged due to space considerations. Click this [link](#) to register!

[Trauma-Informed Healthcare Provider Conference](#), *April 30 & May 1, Durham County Health and Human Services*

Registration for the rescheduled Trauma-Informed Healthcare Provider Conference is now open! The conference will now take place on **April 30th and May 1st** at the Durham County Health and Human Services building. The conference is free, and contact hours and CEs will be available. Food will also be provided. The goal of the conference is to increase provider knowledge and skills to provide trauma-informed care in Durham County. The intended audience is healthcare providers including physicians, advance practice providers, nurses, care managers, social workers, behavioral health, community health workers, nutritionists—anyone who is working within our broader healthcare system. Register [Here](#)!



In affiliation with the Duke AHEC Program



Register by QR Code



[Summit on Healthy Housing for All](#), May 14, 1600 Mist Lake Dr, Durham NC
Duke Health, the Durham County Department of Public Health, and the
Partnership for a Healthy Durham Health & Housing Committee present
the Summit on Healthy Housing for All.

As Durham builds its future, how does it ensure that all of its neighbors have housing that is safe, accessible, and allows them to live comfortably as they age? How can Durham strengthen communities so individuals, including those with disabilities or limited mobility, have affordable housing where they and their families can thrive? How can Durham connect those who need assistance in finding or modifying homes to be more accessible with those who have the

skills and resources to make those improvements? Together, Durham will co-create a solution that will allow every member of the Durham community to age in place, to have homes that are accessible and visitable, and to live with dignity in safe, affordable housing.

From health professionals and housing agencies to construction firms, government representatives, community health workers, home repair providers, and philanthropy, they invite everyone working to ensure Durham residents have safe and healthy homes to attend!

Register here: [Summit on Healthy Housing for All Tickets](#).

Duke Health, the Durham County Department of Public Health, and
the Partnership for a Healthy Durham Health & Housing Committee
invite you to a

Summit on Healthy Housing for All

May 14, 2025
9:00 AM – 2:00 PM
Durham

As Durham builds its future, how do we ensure that all of our neighbors have housing that is safe, accessible, and allows them to live comfortably as they age? How do we support individuals, including those with disabilities or limited mobility, to have affordable housing where they and their families can thrive?

From health professionals and housing agencies to construction firms, government representatives, community health workers, home repair providers, and philanthropy, we invite everyone working to ensure Durham residents have safe and healthy homes to join us!

More details and registration information coming soon.





- FREE CHILDCARE ON-SITE
- LUNCH PROVIDED



COMMUNITY CONVERSATION

ADDRESSING FAMILY WELLNESS

Join us for a dynamic forum exploring family communication, wellness, and mental health.

SATURDAY

May 17, 2025

10am - 2pm

**Rogers- Herr Middle School
911 W. Cornwallis Rd., Durham**

BREAKOUT SESSIONS:

- Strengthening Relationships with Children
- The Difference between Discipline & Consequences
- Resilience & Joy
- Healthy Families & Bonding

REGISTER TODAY!

www.epic-nc.org



[Community Conversation: Family Mental Health & Wellness Forum](#), EPiC, May 17, 10 am - 2 pm, Rogers-Herr Middle School

Come join Empowered Parents in Community (EPiC) for a meaningful day focused on mental health, wellness, and family connection. This free forum is created with Black families in mind and offers a welcoming space to learn, share, and grow together. Through engaging breakout sessions and community conversations, you'll explore ways to strengthen communication, nurture resilience, and build joyful, healthy relationships at home. This is a space for connection, empowerment, and community care. Free childcare and a full catered lunch will be provided. Register [here](#)!

[Period Prom](#), Diaper Bank, May 17, 7 pm – 10 pm, The University Club, Durham

You're invited to the First Annual Period Prom – a night of elegance, empowerment, and impact! Join the Diaper Bank for an unforgettable evening in support of Period Power, the Diaper Bank of NC's initiative to provide essential menstrual products and fight period poverty across communities. For attire, think Formal/Semiformal (pink/red prom or prom-like dresses, business suits and tuxes!) Stay tuned for more details – they can't wait to celebrate with you! Register [here](#)!



[Applied Suicide Intervention Skills \(ASIST\) Training](#), May 29-30, Location TBD

The Durham Partnership Mental Health committee in partnership with the Public Health Department is hosting a **2-day, in-person** Applied Suicide Intervention Skills (ASIST) Training at the Public Health Dept on **May 29-30, 2025, from 9-5**.

ASIST is an evidence-based model that teaches adults how to assist those at risk for suicide; it is not specific to mental health professionals. Suicide is recognized as a public health crisis in the US for both men and women. ASIST teaches skills to recognize signs a person is having thoughts of suicide and to confidently intervene to help keep them safe.

There is a common myth that talking about suicide or asking someone if they feel suicidal will encourage suicide attempts. Not true! Talking about suicide **decreases** risk for someone to take their own life and provides the opportunity for communication.

During the training, participants will learn how to:

- Recognize the signs that someone may be thinking of suicide
- Reach out to someone with thoughts of suicide and talk openly
- Create a keep-safe-for-now plan and connect them to further help and support
- Understand how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it
- Support purposeful living and self-care

Please note that there is no hybrid option for this training. This training involves interactive role plays and activities. In order to achieve optimal outcomes, it must be offered in person. There is a maximum of 25 participants for this training. If you would like to participate in this world-renowned training, please click on the link <https://forms.gle/jgzf5DKTRNnSrfzx9>

The **Trauma-Informed Communities (TIC) Project** is a resource for community members, community coalitions, and service system providers who wish to engage more effectively in systems- and practice change to bring a trauma-informed, equity-focused, and healing-centered approach to communities in NC.

We create space for leaning into shared values, learning and unlearning, building authentic relationships, and sharing knowledge to overcome barriers to change. **We invite you to join our learning community and connect with others aligned in this important work.**

SPRING 2025 ACTIVITIES

Register for all dates here:
<https://bit.ly/TIC-Spring25>

SAVE THE DATE

COFFEE & CONNECTION HOURS

1st Wednesdays & 3rd Fridays
10am-11am

A bi-weekly gathering to feel empowered, to share and learn, and to be your authentic self in community. Deepen and strengthen relationships while collaborating on practices for community-led, equity-focused learning teams.

Dates:

- February 21 - **Special Project Launch Call!**
- March 5 & 21
- April 2 & 18
- May 7 & 16
- June 4 & 20

WORKSHOP SERIES

2nd Fridays
11am-1pm

Three workshops to support community transformation and systems-change efforts that center our journey in equity-focused, trauma-informed and community-led healing. We'll examine decision-making and decision-rights, discuss decolonization and decentering hierarchical approaches, and develop power-shifting and sustainability strategies that elevate the power of the collective and relationships.

Dates:

- March 14
- April 11
- May 9



[Trauma Informed Communities Project](#), *Center for Child and Family Health, Virtual*

The Trauma-Informed Communities (TIC) Project is a resource for community members, community coalitions, and service system providers who wish to engage more effectively in systems- and practice change to bring a trauma-informed, equity-focused, and healing-centered approach to communities in NC. The project creates space for leaning into shared values, learning and unlearning, building authentic relationships, and sharing knowledge to overcome barriers to change. Come join this learning community and connect with others aligned in this important work. Register for their events [here!](#)



CIRCLE of PARENTS®

Sharing Ideas. Sharing Support.



Join other parents, in this once-a-month support group to discuss the joys and challenges of parenthood. Childcare and light refreshments provided!

Where: 721 Foster St
When: The Second Wednesday of every month
Time: 6:00pm-8:00pm
For more info:
Call or text Carmen -(919) 698-0667



Register now by using the link or scanning the QR code



If you need child care while attending this class please call
Carmen :(919) 698-0667



Cooperative Extension



[Circle of Parents](#), Positive Childhood Alliance, 2nd Wed of every month, 6 pm – 8 pm, 721 Foster St

Join other parents in this once-a-month support group to discuss the joys and challenges of parenthood. Childcare and light refreshments provided! For more info or if you need childcare while attending this class, please call or text Carmen at 919-698-0667.



[Durham Office of Youth](#), *Youth Summer Opportunities*

The Durham Office of Youth has compiled a list of summer programs and internships for young people offered by the City of Durham, Durham County, and Durham Public Schools.

[Check out the page here](#) and see what opportunities are being offered!

[Tips to Manage Stress Video](#), *El Futuro*



Courtney Crawford has been a therapist with El Futuro since 2013 and has helped El Futuro's community to build resilience through many storms. In this video, she shares two actionable stress-management tips that could be helpful specially during this time of change and many uncertainties for many in our community.

Durham's Partnership for Children

EARLY HEAD START

Now Accepting Applications

Our Sites

- A New Beginning II
- A New Beginning III
- All My Children
- Growing Legacy
- Randy's Five Star Academy
- Toddler's Academy
- Home Base option available

APPLY NOW

For more information
visit: DPFC.net or
call Tanisha Brooks at
919-403-6960 ext 227(o)
919-432-3267 (c)

Durham's Partnership for Children

EARLY HEAD START

Ahora esta aceptando solicitudes

Nuestros Sitios

- A New Beginning II
- A New Beginning III
- All My Children
- Growing Legacy
- Randy's Five Star Academy
- Toddler's Academy
- Opción basada en el hogar disponible

APLIQUE AHORA

Para más información
visite: DPFC.net o contactar
Yadira Vera en
919-403-6960 ext 218(o)
919-638-0856(c)

[Early Head Start](#), [Durham's Partership for Children](#)

Early Head Start is a comprehensive child development program for eligible prenatal mothers, and children birth to up to 3 years of age. Sign up [here!](#)



APPLY FOR DURHAM PREK

- All Durham residents may apply
- FREE to sliding scale
- Children must turn 4 by August 31
- Online application - durhamprek.org

APLIQUE PARA DURHAM PREK

- Todas las personas que residen en Durham pueden aplicar
- Gratis o escalas de tarifas de acuerdo a sus ingresos
- Los niños deben cumplir 4 años antes de o en 31 de agosto
- Solicitud por internet - durhamprek.org



833-PREK-EDU
(833-773-5338)
durhamprek.org

1201 S. Briggs Avenue, Suite 210, Durham



[Child Care Referral Central](#)

Choosing the best program for a child can be a difficult decision—there are so many things to consider. Early Year's Child Care Referral Central (CCRC) can help make a decision easier. They will help provide guidance and education around the difference between regulated and unregulated, quality indicators to look for in a program. Feel free to call their number on the flyer below or check out their [website](#)!

Find the Right Early Education Program



Early Childhood Experts Provide:

- Personal Consultations
- Customized List of Programs
- Consumer Education & Tools

Child Care Referral Central
toll-free
855-327-5933

 A Trusted Resource for over 40 Years!
Start Your FREE Search with US!

Servicios disponibles en español

www.childcareservices.org/findcare
facebook.com/childcareservices
twitter.com/CCSAchildcare

A nine-county collaboration between
Durham, Orange, Wake

Smart Start
Alamance, Caswell, Person
Franklin-Granville-Vance
Partnerships for Children

Localiza el mejor programa de Educación temprana.



Expertos en Educación temprana proveen:

- Consultas en persona
- Lista de Programas Personalizada
- Educación al Consumidor

Child Care Referral Central
toll-free
855-327-5933

 Un Recurso Confiable por más de 40 Años!

Comience Su búsqueda GRATIS con Nosotros!

Servicios disponibles en español

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facebook.com/childcareservices
twitter.com/CCSAchildcare

A nine-county collaboration between
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Partnerships for Children

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Resilient Durham NC

Search here... 

A resource presented by the Durham Adverse Childhood Experiences and Resilience Taskforce (DART) to support those who are striving to be more trauma-informed in helping our community



Learn about our “why”



[Supporting Families Blog Post Now Available](#), *Resilient Durham NC*

The resources shared in our last special edition newsletter, *Supporting Families*

Most Impacted by Federal Policy Changes, have been expanded into a blog post on the Resilient Durham NC website (pictured above). This growing collection of tools, updates, and supports is designed to help families and communities navigate changing federal policies. New resources will continue to be added as more information becomes available. Click [here](#) to visit the blog anytime for up-to-date guidance and support.

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!

[Governor Stein Announces Members of Task Force for Child Care and Early Education](#), *North Carolina Office of the Governor*

Gov. Stein recently announced a new NC Task Force on Child Care and Early Education, which includes Candace Witherspoon, Director of NCDHHS' Division of Child Development and Early Education. The task force seeks to identify solutions to expand access to affordable, high-quality child care and early education across NC and to support and grow the child care workforce. Learn more about the [task force in a fact sheet](#).

Job Opportunities

Explore current openings in the ACEs, trauma-informed care, or public mental health spaces. Each listing includes contact information for the hiring manager if you have questions or need more details.



[Multiple Job Openings](#), *El Futuro*

Our friends at El Futuro asked us to share that they're hiring for several

positions, including community health workers, peer support specialists, and a bilingual clinical mental health trainer. They're building a diverse, compassionate team and especially encourage people of color, LGBTQ+ folks, and those from underrepresented backgrounds to apply. Learn more and apply [here](#)! A description for the clinical mental health trainer role is linked to the button below:

Bilingual Clinical Mental Health Trainer Job Description

WE'RE HIRING

JOIN OUR TEAM



HOMESHARE DURHAM PROGRAM COORDINATOR

About

HomeShare Durham screens and matches low-income home seekers with home sharers prepared to rent space in their homes to a seeker at below-market rates. The HomeShare Durham (HSD) Coordinator will conduct application assessments and reviews, perform background checks, facilitate rental agreements, conduct follow-up assessments, solve problems, promote the program in the community, and assist the HSD Steering Committee with fundraising and development. HomeShare programs have been in operation since the 1970s, and Durham's was founded in 2018 as NC's first HomeShare program.

Compensation

This 1 year contract is for May 1, 2025 – April 30, 2026, renewable, for restarting HomeShare Durham's housing services. The contract is for \$20-22/hr, based on experience, and 12-15 hrs/week, paid monthly.

Skills Needed

- Computer literacy (be able to use word documents, spreadsheet, emails, etc.)
- Communications skills (emails, phone calls, presentations, flyers, etc.)
- Time management (coordinating meetings, schedules, filing paperwork, creating reports)
- Conflict resolution and de-escalation (help participants work through housing-related issues)

Requirements

- Be able to complete the tasks and duties noted above
- Be at least 21 years of age and have a high school diploma
- Experience coordinating programming, social work preferred
- Be able to treat all clients with respect and dignity without discrimination
- MSW or equivalent experience preferred but not required

We provide equal employment opportunities to all employees and applicants for employment without regard to race, color, ancestry, national origin, gender, sex, sexual orientation, marital status, religion, age, disability, gender identity, results of genetic testing, or service in the military.

If interested, please send a cover letter and resume to the HomeShare Durham Steering Committee at durhamnaction@gmail.com with a subject line "HomeShare Durham Coordinator".

durhamnaction@gmail.com

www.dcia.org

1504 W. Chapel Hill St. Durham, NC 27701

(919) 688-2036



Scan this QR Code
for more information

Homeshare Durham Program Coordinator Job Description

Homeshare Durham Program Coordinator, [Durham Congregations in Action \(DCIA\)](#)

HomeShare Durham is hiring a part-time Program Coordinator to help match low-income home seekers with home providers offering affordable rent. This role includes application reviews, background checks, community outreach, and ongoing support for home share matches. Strong communication, organization, and problem-solving skills are key. Social work or program coordination experience is preferred. This is a one-year, renewable contract (12–15 hrs/week at \$20–22/hr). Read the flyer and click the button above to learn more and apply!



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You can [update your preferences](#) or [unsubscribe from this list](#).