

December 18th, 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!

Taller Familiar Gratuito: Caminando Juntos

Para Fortalecer a la Familia

Temas que se abordaran en el taller:

- Habilidades de comunicación
- Estrategias para fortalecer los lazos familiares
- Aprendizaje acerca de la resolución de conflictos
- Estrategias para manejar el estrés

FORMATO DEL TALLER

- Este taller de **8 sesiones** se llevará a cabo semanalmente.
- Cada sesión es de **2 horas**.
- Las sesiones serán ofrecidas **virtualmente**, es decir por medio de Zoom.

¡Se ofrece compensación por participar!

Para mas información sobre inscripciones y elegibilidad:

Sophia Correderas | Camila Suarez

910-248-9522 | 910-447-9810

sophia.correderas@duke.edu | camila.suarez@duke.edu

[Taller Familiar Gratuito: Caminando Juntos](#), *Together for Resilient Youth (TRY)*,
Zoom

Join TRY for Taller Familiar Gratuito: Caminando Juntos Para Fortalecer a la Familia (Free Family Workshop: Walking Together to Strengthen the Family), an 8-week virtual workshop designed to uplift and empower Spanish-speaking families through connection, communication, and resilience. For program details in Spanish, visit [DART's event page](#). Or [click here to register!](#)



Help keep Durham's little ones warm this winter !

Please consider donating new or gently used children's coats, hats and gloves.

Sizes Newborn-8. Now thru January 9th, 2026

Collection boxes located in the 1st and 3rd Floor Breakrooms.

Coat Facts:

- Children can outgrow their coats in less than a year!
- The right coat can help regulate body temperature and prevent common winter illnesses.
- Coats are among the most requested items at family resource centers each winter.
- Donating just one coat can help a child confidently play, learn, and explore—no matter the weather.

Please scan the QR code if you would like to
donate to the coat drive and
we will do the shopping for you.

Together, we can make sure every child stays warm this winter!



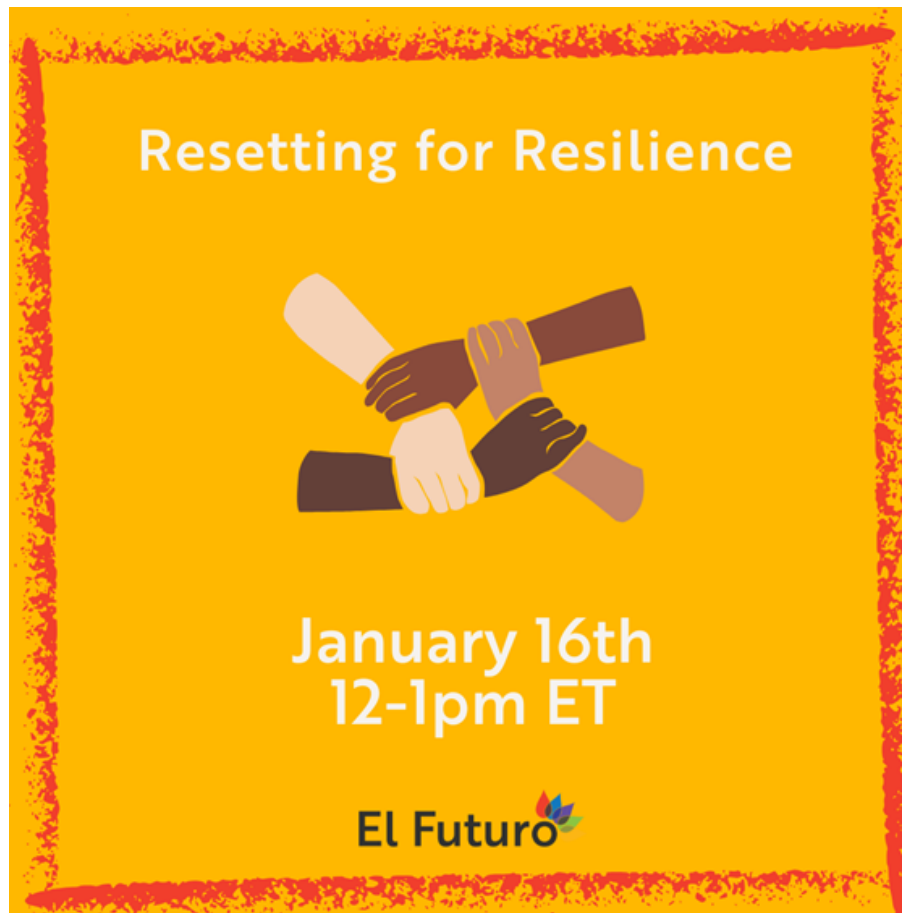
[13th Annual Coat Drive](#), *Welcome Baby*, 721 Foster St, Nov 17 - Jan 9

Welcome Baby is hosting its 13th annual coat drive. Last year's event collected and distributed a record-breaking 1,427 coats, that benefited Durham County youth. The Welcome Baby team is looking to top that number this year and asks community members to donate gently used and new children's coats, hats, and scarves in sizes newborn to 8 years. This year's event will run from Monday, November 17, 2025, until Friday, January 9, 2026. To find out more, [click here!](#)



MLK Community Day, *Durham Parks & Recreation, 1308 Fayetteville St,*
January 10, 2pm - 5pm

Durham Parks and Recreation invites you to a special community program honoring the life and legacy of Dr. Martin Luther King, Jr. This year's theme, "MLK: Remembering the Legacy Through the Arts," celebrates Dr. King's impact through creativity, expression, and community reflection. This event is free and open to the public.



[Resetting for Resilience](#), *El Futuro*, Zoom, January 16, 12pm - 1pm

During stressful times, we may find ourselves constantly in a state of fight, flight, or freeze. Join El Futuro to explore simple techniques that use your own nervous systems to bring the body, mind, and spirit back into greater balance. This space is for anyone who provides support to Latino communities and will be offered in both English and Spanish. To learn more, [click 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!



[Somethings Chosen for i2i Innovation Award](#)

The Somethings program, a partnership between Alliance Health and the North Carolina Department of Health and Human Services to expand support for teen mental health in the wake of Hurricane Helene, was recently chosen for a 2026 [i2i Innovation Award](#) in the technology category. The program provides support for teens through text and video calls after school and on weekends via the [Somethings mental health platform](#). The partnership aims to provide easy access to mental health services and can connect teens with peer mentors and refer them to therapists. Any teen across NC can download and use the Somethings app for free, regardless of insurance coverage. Learn more [here](#)!

[Trauma-Informed Screening for Structural Drivers of Health](#), Elizabeth

Lanphier, PhD, MS, HEC-C & James Duffee, MD, MPH, AMA Journal of Ethics
Screening for structural drivers or determinants of health (SDoH), as mandated by recent federal regulations, raises ethical questions about screening processes and tools. Early childhood adversity and trauma, which can influence a person's health throughout their lifespan and contribute to chronic disease and early death, can be identified through standardized screening for SDoH. However, screening without awareness of the potential interface between SDoH and trauma can retraumatize those administering or completing the screening process. This article suggests that implementation of a trauma-informed approach to SDoH screening is consistent with biomedical and public health ethics and contributes to efforts to keep clinical environments emotionally safe. [Click here](#) to read the full article.

Webinars, Conferences, and Trainings

ALLIANCE WEBINAR

Building Stronger Families through Everyday Practice

with Melissa Clepper-Faith, &
Andrea Clark from PCANC



Wednesday, January 14th
10:00 am



[Building Stronger Families through Everyday Practice](#), *Positive Childhood Alliance NC (PCANC)*, Zoom, January 14, 10 am - 11:30 am

Join PCANC for this webinar highlighting the impact of investing in families to build stronger communities. They will discuss their NC Family Resource Center Network and feature some of their Alliance Members that are making a difference across North Carolina. To register, [click here](#).

STRONG BRAIN INSTITUTE

RESILIENCE SPEAKER SERIES

From Surviving to Thriving: Neurodiversity, Trauma, and Resilience



Chelsea Robertson, Ph.D.
*Assistant professor at the Community College of
Baltimore County*

This presentation explores the relationship between neurodiversity and trauma, showing how social exclusion, sensory overwhelm, and masking can heighten stress in neurodiverse individuals. It also highlights evidence-based resilience strategies grounded in SAMHSA's pillars of trauma-informed care.

DATE: January 27, 2026
TIME: 10:00 - 11:00 A.M. (Eastern)
REGISTRATION LINK:
<https://shorturl.at/q9Xuc>
QUESTIONS: SBI@etsu.edu



Scan here
to register!



BALLAD HEALTH
STRONG BRAIN
INSTITUTE
EAST TENNESSEE STATE UNIVERSITY

[From Surviving to Thriving: Neurodiversity, Trauma, & Resilience](#), Strong Brain Institute, Zoom, January 27, 10 am - 11 am

Join the Strong BRAIN Institute and Chelsea Robertson, Ph.D., for a free presentation exploring the relationship between neurodiversity and trauma. This presentation will showing how social exclusion, sensory overwhelm, and masking can heighten stress in neurodiverse individuals. Dr. Robertson will also highlight evidence-based resilience strategies grounded in SAMHSA's pillars of trauma informed care. [Register here!](#)



Living Amid Fear: Supporting the Mental Health and Wellbeing of Immigrants and Refugees

A panel with UNC's School of Social Work

When: February 23rd, 12-2pm ET

Where: Zoom or in person
Europa Center, 100 Europa Drive
 Chapel Hill, NC 27517
 Biltmore Conference Room, Suite 590

What: An opportunity to connect with providers who serve the Latino community in WNC.

Cost: \$35 (scholarships available)

El Futuro 

[Living Amid Fear: Supporting the Mental Health & Wellbeing of Immigrants & Refugees](#), *El Futuro*, In-person or Zoom, February 23, 12 pm - 2pm, \$35

This training addresses the psychological toll of living under constant threat for immigrants and refugees navigating hostile environments, family separation, and misinformation. Participants will gain tools for helping individuals and families manage their emotional and relational lives amid fear and uncertainty—while coping with very real danger. The program also explores community-level interventions to promote safety, connection, and resilience. \$35, CEs available. [Click here to register!](#)

Funding Opportunities

[Force For Good Foundation Grant](#), *The Nu Skin Force For Good Foundation*, December 31

The Nu Skin Force For Good Foundation seeks to partner with organizations that share its mission of enhancing children's health and wellness globally. This grant opportunity supports nonprofits that are already making a meaningful impact and looking to expand their reach through aligned collaboration. The Foundation prioritizes initiatives that create opportunities for long-term improvement in children's well-being. Eligible applicants must be a 501(c)(3) public charity or an international equivalent and the core mission should align with improving the health and wellness of children. [Learn more here!](#)

[Adkins Family Foundation Grants](#), *Adkins Family Foundation, Rolling-Basis*

The Adkins Family Foundation accepts proposals from 501(c)(3) organizations for projects that support children's programs, the arts, and general operating support. Information requirements and approval timelines may vary depending on the nature of the request. [Click here to apply!](#)

[15 and the Mahomies Foundation Grants](#), *15 and the Mahomies Foundation, Rolling-Basis*

15 and the Mahomies supports 501(c)(3) nonprofit organizations dedicated to improving children's lives through initiatives focused on health, wellness, and resource support for underserved communities. Grant requests are reviewed quarterly. To learn more, [click here!](#)



Copyright © 2025 Durham Adverse Childhood Experiences and Resilience Taskforce, All rights reserved

Want to change how you receive these emails?

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