



January 15th, 2026

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!



MY DURHAM: GOING PLACES

**Fridays
5 P.M. - 7 P.M.
Ages: 13-17**

**Enrolling NOW!
Free for Teens!**

WHAT IS GOING PLACES?

- GOING PLACES IS A PARK-BASED ACTIVE TRANSPORTATION PROGRAM AND RESEARCH STUDY TO PROMOTE TEEN PHYSICAL ACTIVITY AND ACCESS TO PARKS AND RECREATION.
- ENROLLED TEENS WILL ENGAGE IN WEEKLY ACTIVITIES ABOUT SPORTS, PHYSICAL ACTIVITY, ACTIVE TRANSPORTATION, AND HEALTH. ACTIVITIES WILL TAKE PLACE AT DURHAM PARKS AND RECREATION SITES.
- UPON COMPLETION OF THE PROGRAM, TEENS WILL RECEIVE A \$40 GIFT CARD INCENTIVE !



**W.D. Hill Recreation Center
1308 Fayetteville Street Durham, NC 27707**



DPRPLAYMORE.ORG
919-560-4355

 CITY OF DURHAM

 DURHAM Parks & Recreation

 CAPRA

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[My Durham: Going Places](#), City of Durham Parks & Recreation, W.D. Hill Recreation Center, January 16 - May 29

My Durham: Going Places is a free, park-based program designed to promote physical activity, health, and access to recreation for teens ages 13–18. As part of this initiative and research study, enrolled teens will participate in weekly activities focused on sports, active transportation, and wellness at Durham Parks and Recreation sites. Participants will also complete surveys and use a fitness device to track their activity at the beginning and end of the program. To sign up, [click here!](#)

**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:

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Este estudio es una colaboración entre la Universidad de Duke, la Universidad de Wisconsin-Milwaukee, y Together for Resilient Youth (TRY).



[Taller Familiar Gratuito: Caminando Juntos](#), Together for Resilient Youth (TRY), Zoom, January 17

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!](#)

[Mental Health Panel Discussion](#), *Together for Resilient Youth (TRY)*, Zoom, January 26, 6:30 pm - 7:30 pm

Join Together for Resilient Youth (TRY) on Zoom for a comprehensive conversation about mental health across all demographics. Ask questions, gain insights, and learn about resources available in the community. This virtual panel is suitable for all. [Zoom](#) link here!



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

[Youth Mental Health First Aid](#), *Alliance Health*, Zoom, January 27, 9 am - 2:30 pm, \$23.95

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. [Register here!](#)



[RECLAIM Gala](#), Empowered Parents in Community (EPiC), Sheraton Imperial Hotel, February 28, 6 pm - 10 pm, \$100

Empowered Parents in Community (EPiC) invites you to join them for their RECLAIM Gala. This special evening will feature Congresswoman Valerie Foushee as the keynote speaker and Joshua Gunn as the Master of Ceremony. Come together to reclaim advocacy, identity, and movement in support of family engagement and student success. Buy your [gala tickets here](#)!

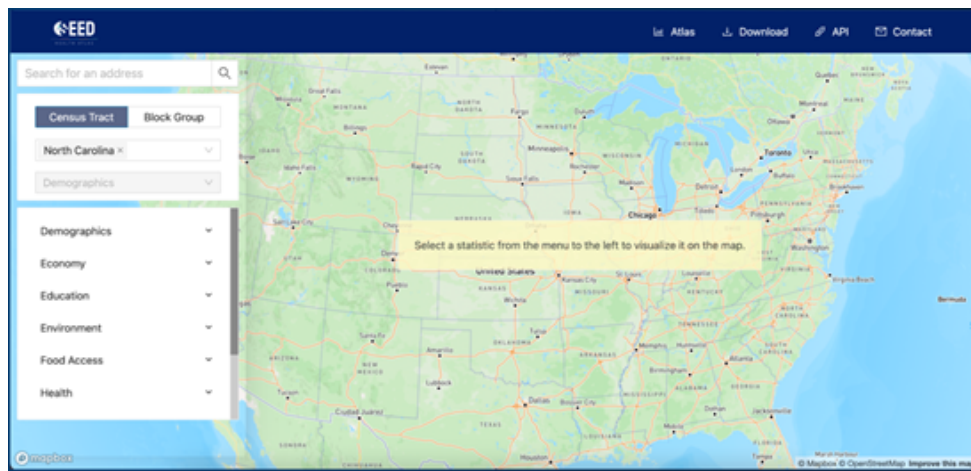
ACEs and Resilience Research and News

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!



[Families with a young child with a disability report high rates of economic hardship and emotional distress](#), *RAPID - Stanford Center on Early Childhood*

In this fact sheet, RAPID presents what they have learned about the experiences of families with a young child with a disability, using data gathered between April 2020 and August 2025 from parents across the country. Two in three families with a young child with a disability struggle to meet basic needs, with recent data showing that this difficulty is increasing. To read more, [click here](#).



[S.E.E.D. Health Atlas](#), *Duke University School of Medicine*

This free, easy-to-use health data platform can help you see and understand the social, environmental, and climate factors affecting health rights in your own neighborhood. This powerful tool provides information in English and Spanish on over 150 topics like demographics, housing, education, pollution, and local health for communities across the United States, including all of North Carolina. Check out the map and learn more [here](#).

[Racial Disparities in Maternal & Infant Health: Current Status & Key Issues](#), *KFF*

This brief provides an overview of racial disparities for selected measures of maternal and infant health, discusses the factors that drive these disparities,

and provides an overview of policy changes that may impact them. It is based on KFF analysis of publicly available data from CDC WONDER online database, the National Center for Health Statistics (NCHS) National Vital Statistics Reports, and the CDC Pregnancy Mortality Surveillance System. Read more [here](#).

Webinars, Conferences, and Trainings



[Economy for All 2026](#), NC Budget & Tax Center, Durham Convention Center, January 22, 5 pm - 6:30 pm, \$10 - \$75 (sliding scale)

This year's event features Professor Darrick Hamilton, who will explore what makes a job truly "good work," how a federal jobs guarantee could reshape access to quality employment, and how we in North Carolina can engage in building an inclusive economy. Dr. Hamilton is a leading national voice on race, economic inclusion, and structural reform and will share transformative insights on what it takes to create good jobs and a just economy that works for everyone. [Register here!](#)

A graphic for 'Connections Matter in Early Education Virtual Training'. The top half features a photo of a smiling woman interacting with two young children. Below the photo, the text 'CONNECTIONS MATTER IN EARLY EDUCATION VIRTUAL TRAINING' is displayed in white on an orange background. To the right, a blue box contains the text 'SIGN UP TODAY' and a QR code. At the bottom, a pink box lists 'THE DETAILS' including the date 'DEC 3, 2025', time '9:00 am - 2:00 pm', and cost '\$40 per person'. The logo for 'Positive Childhood Alliance NORTH CAROLINA' is in the bottom left corner.

CONNECTIONS MATTER
developing brain-relationships-community
NORTH CAROLINA

**CONNECTIONS MATTER
IN EARLY EDUCATION
VIRTUAL TRAINING**

THE GOAL
More resilient, compassionate, and trauma-informed educators, classrooms, and communities—empowering every child to reach their full potential.

THE DETAILS
📅 DEC 3, 2025
🕒 9:00 am - 2:00 pm
💰 \$40 per person

SIGN UP TODAY

Positive Childhood Alliance
NORTH CAROLINA

[Connections Matter Training for Early Educators](#), Positive Childhood Alliance

NC, Zoom, February 4, 9 am - 2 pm, \$40

Connections Matter in Early Education is a community-driven initiative that highlights the powerful role human connection plays in shaping brain development and supporting our ability to cope, grow, and thrive. This specialized training equips Early Childhood Educators with essential knowledge on the interconnected topics of Adverse Childhood Experiences (ACEs), trauma, brain development, and resilience. [Apply today!](#)

Hosted by NCCU Social Work Leadership Advisory Board

Sharpen Your Critical Thinking

Boost your decision-making, problem-solving, and reasoning skills through real-world scenarios and guided activities. Learn to spot biases, question assumptions, and make smarter choices.

Date: February 4, 2026 Time: 12:00pm to 1:30pm (EST)



Speaker
LeCorey McCrary
EXECUTIVE COACH AND MENTOR,
CAREER/LIFE COACH & CONSULTANT,
KEYNOTE SPEAKER

Participation in this Workshop will result in a certificate for 1.5 Continuing Education Units

[Sharpen Your Critical Thinking](#), NCCU Social Work Leadership Advisory Board, Zoom, February 4, 12 pm - 1:30 pm

Boost your decision-making, problem-solving, and reasoning skills through real-world scenarios and guided activities. Learn to spot biases, question assumptions, and make smarter choices. Participants of this free workshop will each receive a certificate for 1.5 Continuing Education Units (CEUs) after the completion of the event. [Sign up here!](#)



[Addressing Trauma and Chronic Stress in Youth with Neurodivergent Diagnoses](#), NC Division of Mental Health, Zoom, February 12, 12 pm - 2 pm

The North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services is sponsoring a training series to support workforce development for systems that interact with, support, and provide treatment for persons who have mental illness co-occurring with an intellectual/developmental disability. The webinars will cover the most common challenges in providing effective care to this population. [Register here!](#)



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