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May 15, 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!

Build Resilience Together!

Free CRM Training

Learn practical, science-backed skills to help calm the nervous system — for yourself and others.

Community Resiliency Model (CRM) is an empowering training that supports a more trauma-informed, resilient community.



Friday, May 16th



1:30p.m.



Main Durham Library, room 4311



Light refreshments provided!



Led by Andora Scraders & Penny Carrol

Open to all community members — no experience needed!
Come take care of yourself and your community.

Register Now

Link to register for this community training:
<https://www.surveymonkey.com/r/5T6JZDK>



Partnership for a
Healthy Durham

Sponsored by the Partnership for a Healthy Durham Mental Health Committee

[Community Resiliency Model \(CRM\) Training](#), *Partnership for a Healthy Durham Mental Health Committee, May 16, 1:30 pm, Main Durham Library*
Community Resiliency Model (CRM) is an empowering training that supports a more trauma-informed, resilient community. Come learn practical, science-based skills to help calm the nervous system — for yourself and others. Open to all community members — no experience needed! Come take care of yourself and your community. Register now using this [link](#)!



Carnival: Family Fun Day 2025, *Families & Communities Rising, May 16, 1 pm - 4 pm, Durham County Memorial Stadium*

Head Start & Early Head Start present Carnival: Family Fun Day 2025 on Friday, May 16. This event is a celebration of Durham community's Head Start families, the importance of education, and raising awareness of the valuable services available within Durham! It is free and open to the public!






- 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](#)!

“YOU HAVE THE POWER TO SAVE A LIFE”

Stipends are
available for some
completed
activities

The Durham County Department of Public Health has partnered with Together for Resilient Youth (TRY) on this campaign to prevent overdose in the Black community.

BEGINS MAY 14, 2025

- Attend a community training
- Keep naloxone available at home, school, or work.
- Share educational resources with family & friends.
- Connect with TRY to support overdose prevention.

APPLY AND LEARN MORE WITH THE QR CODE



INDY ARTICLE

HARM
REDUCTION

NALOXONE
DISTRIBUTION

EDUCATIONAL
MATERIALS

SUPPORT
OTHERS

Contact: Dr. Wanda Boone
for More information
wanda.durhamtry@gmail.com



[Power to Save a Life Campaign](#), *Together for Resilient Youth (TRY)*

This campaign aims to reduce opioid overdose deaths by expanding access to naloxone, a life-saving medication that can reverse overdoses, especially in Black communities facing systemic health inequities. Through the website YouCanSaveLives.org, you can find free naloxone, learn how to use it, and access tools to raise awareness in their communities. To participate in the campaign with TRY, please complete this interest form: [NALOXONE - YOU CAN SAVE A LIFE!](#)

STRESS LESS

A COMMUNITY WORKSHOP ON PRACTICAL STRESS MANAGEMENT

NORTH REGIONAL LIBRARY
WEDNESDAY, MAY 21, 2025
6-7:30PM

This interactive educational workshop is designed to equip participants with effective stress management techniques that can be easily integrated into everyday life.



Public Health



DURHAM COUNTY
Library

221 MILTON ROAD, DURHAM, NC 27712
919-560-0236

[Stress Less: A Community Workshop on Practical Stress Management.](#)

Durham County Library, May 21, 6 pm - 7:30 pm, North Regional Library

This interactive educational workshop is designed to equip participants with effective stress management techniques that can be easily integrated into everyday life. Through a combination of guided discussions, hands-on activities, and evidence-based strategies, attendees will gain a deeper understanding of how stress impacts the body and mind—and how to respond to it in healthy, sustainable ways. More information can be found [here](#).

CHANGED BY YOUTH
WE HEARD YOUR FEEDBACK!

Join us for a free workshop series for young people looking to prepare and transition into adulthood.

Money Matters	MAY 9TH 6-8PM
Car Basics	MAY 16TH 6-8PM
Real Talk on Relationships	MAY 23RD 6-8PM

Attend our workshops for a chance to win swag raffle prizes! Speakers announced soon... stay tuned!

Register at bit.ly/CBYLIVE25

@YOUTHSPEAKDURM

CHANGED BY YOUTH
HEMOS ESCUCHADO SUS COMENTARIOS

¡Acompañanos para una serie de talleres gratuitos para jóvenes que buscan prepararse y hacer la transición a la adultez.

El dinero importa	9 DE MAYO 6-8PM
Conceptos básicos del automóvil	16 DE MAYO 6-8PM
Conversación seria de relaciones	23 DE MAYO 6-8PM

¡Asista a nuestros talleres para tener la oportunidad de ganar premios de rifas! Los presentadores se anunciarán pronto... ¡Estén atentos!

Regístrese en bit.ly/CBYLIVE25

@YOUTHSPEAKDURM

[Real Talk on Relationships: Healthy Relationships Workshop](#), *Changed by Youth Ambassadors, May 23, 6 pm - 8 pm, WG Pearson Center*

The [Changed by Youth Ambassadors](#) are hosting a series of fun and interactive teach-ins for youth ages 16–22. These sessions are all about real-life skills that'll help you feel more confident stepping into adulthood. This evening series is full of learning, connection, and good vibes — plus a chance to win raffle prizes. The workshop will cover how to build strong connections, communicate better, set boundaries, spot red flags, and keep your own identity while growing with someone else.

**MENTAL HEALTH
WELLNESS DAY**

May 31st *10am-2pm*

DATE AND LOCATION

CAROLINA ALE HOUSE: 3911 DURHAM CHAPEL HILL BLVD DURHAM,
NC 27707

FREE VENDOR REGISTRATION LINK
[Durham Mental Health Awareness Event Vendor Registration](#)

  

This free of charge event is open to the whole community, with a goal of having a holistic wellness experience that includes Resources, Food, Fun, Dancing, Engagement & more for the entire community !

Contact us at
(919) 904-9072
abassmitchel@allianceHealthplan.org

 

Mental Health Wellness Day, Alliance Health & Durham Systems of Care,
May 31, 10 am - 2 pm, Carolina Ale House

Join Alliance Health and Durham Systems of Care for a Mental Health Wellness Day! This free of charge event is open to the whole community, with a goal of having a holistic wellness experience that includes resources, food, fun, dancing, engagement & more for the entire community. If you are a vendor and would like register, please click [here](#).



**SELF CARE
TOOLS**



**FOOD TASTING
&
DISCUSSION**



**FRESH PRODUCE
TO FIRST
25 REGISTERED
EVENTBRITE
ATTENDEES**

COMMUNITY HEALTH & WELLNESS FAIR

**JUMPSTART & HEALTH
AMBASSADOR RECOGNITION**

SATURDAY, MAY 31, 2025

10:00 AM - 1:00 PM

LOCATION:
DURHAM TECHNICAL COMMUNITY COLLEGE
1637 LAWSON STREET, DURHAM, NC 27703
BUILDING 10, ROOM 103

REGISTER HERE : [HTTPS://CHF053125.EVENTBRITE.COM](https://CHF053125.EVENTBRITE.COM)

IF YOU ARE INTERESTED IN HAVING A VENDOR TABLE, PLEASE EMAIL:
STEPHANIEROCHELLES2@YAHOO.COM

Thank you to our Presenting Partners:

- Together for Resilient Youth
- Holistic Health Empowerment
- Advancing Health Equity Together (CERI)
- Durham Technical Community College Nurse Aide Program
- Durham Committee on the Affairs of Black People Health and Safety

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- Alliance Behavioral Health
- Durham County Department of Public Health
- Durham - National Council of Negro Women
- Greater Durham Black Chamber of Commerce

**DANCE  
&  
EXERCISE**

**WELLNESS  
PRESENTATIONS  
BY YOUTH &  
YOUNG ADULTS**

**CHRONIC  
DISEASE  
PREVENTION**



**PRIZE DRAWINGS**

[Community Health & Wellness Fair](#), TRY, May 31, 10 am - 1 pm, Durham Technical Community College

Join TRY for a day of education, connection, and fun at the Community Health & Wellness Fair! Highlights include Operation Medicine Drop, youth-led sessions on vaping and self-care, adult wellness presentations, local vendor tables, dance activities, food tastings, and a fresh produce giveaway. Register [now](#) - the first 25 registrants get free produce!

[Durham County Early Educator Academy](#), Durham Technical Community College, June 9 - July 21

Durham County residents interested in early childhood education careers are invited to apply for [the Summer 2025 Early Educator Academy](#). This free 6-week program includes a virtual course through Durham Tech, five in-person trainings for required certifications, and is offered in a bilingual (English/Spanish) format. Participants receive a full scholarship covering tuition and training, with direct job opportunities available through 20 local employers.

FAITH COMMUNITY CHURCH INTERNATIONAL  
ENRICHMENT

# SUMMER CAMP

**WEEKLY RATE**  
**\$45**  
LUNCH PROVIDED  
PARENTS SEND SNACKS

**6 EPIC CAMP ZONES**

- OUTDOOR EXPLORERS
- SPORTS & GAMES
- STEM LAB
- CREATIVE CORNER
- LIFE SKILLS, LEADERSHIP & ETIQUETTE
- THEME DAYS & SPECIAL EVENTS

**EXTRAS**

- POOL DAY
- READING
- ETIQUETTE
- FRIDAY FIELD TRIPS
- AND MORE

**AGES K-8**  
**GREAT FOR RISING KINDERGARTENERS**

**TIMES & DATES**  
**7:30 AM - 6:00 PM**  
JUNE 23RD - AUGUST 15th

**SCAN QR CODE FOR REGISTRATION**

**REGISTRATION \$45**

**FAITH COMMUNITY CHURCH INTERNATIONAL**  
4903 N ROXBORO ST., DURHAM NC 27704

**CONTACT US AT**  
summercamp@faithforecast.com

[Enrichment Summer Camp](#), Faith Community Church International, June 23 - August 15

Spread the Word – GET READY—Summer Camp is BACK! Faith Community Church International is hosting an EPIC Summer Camp for kids in Grades K-8, and you don't want to miss it! Summer camp is 8 weeks and \$45 per week. See the flyer above for more information. Click [here](#) to register.

[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

A nine-county collaboration between  

  
 Alamance, Caswell, Person  
 Franklin-Granville-Vance  
 Partnerships for Children  
 Durham, Orange, Wake

[www.childcareservices.org/findcare](http://www.childcareservices.org/findcare)  
[facebook.com/childcareservices](https://facebook.com/childcareservices)  
[twitter.com/CCSAchildcare](https://twitter.com/CCSAchildcare)

**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 Nostros!

Servicios disponibles en español

A nine-county collaboration between  

  
 Alamance, Caswell, Person  
 Franklin-Granville-Vance  
 Partnerships for Children  
 Durham, Orange, Wake

[www.childcareservices.org/findcare](http://www.childcareservices.org/findcare)  
[facebook.com/childcareservices](https://facebook.com/childcareservices)  
[twitter.com/CCSAchildcare](https://twitter.com/CCSAchildcare)

## 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!

### [NCDHHS and Hazel Health Kick-Off Partnership to Provide More Than 400,000 North Carolina K-12 Students with Virtual Mental Health Services](#)

The North Carolina Department of Health and Human Services (NC DHHS), Harnett County Schools and Hazel Health are gathering on Wednesday, May 7, to officially kick off their partnership that will bring virtual mental health care services to over 400,000 of North Carolina's K-12 student population. **Durham Public Schools is utilizing Hazel Health to support student mental health.** Read more about it [here!](#)

## Webinars, Conferences, and Trainings

[NC Integrated Care for Kids \(NC InCK\) Model Overview](#), May 29, 12 pm - 1 pm,  
*Virtual Webinar*

The [NC InCK Model](#) partners with communities to support and bridge services where children, youth, and families live, learn, and play. During this webinar, NC InCK staff will provide key updates on the implementation of the NC InCK model, highlight their current priorities, and share early insights and lessons learned. If you have any questions, please reach out to [info@ncinck.org](mailto:info@ncinck.org).

If you are interested in attending this event, please register using this [link](#).



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