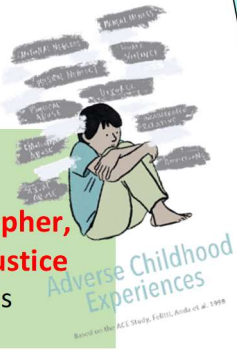




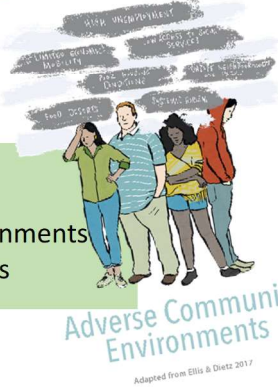
How can we reconnect when social distancing has become the norm?

**October = RESILIENCE Month**  
 Join us for an hour on Zoom each Thursday. Learn how community resilience can bring us together during these difficult times.  
 For access information, please visit:  
<https://criresilient.org/october/>

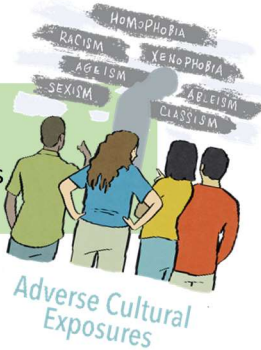
**Thursday, October 1, 2020**  
**Time:** 12 p.m. (noon)  
**Special guest speaker:** Dr. Gail Christopher, national leader on equity and social justice  
**ACE Focus:** Adverse Childhood Experiences  
**Key Concept:** Love, Trust, and Safety



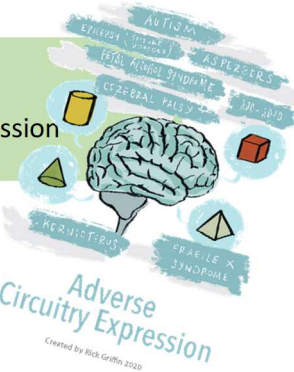
**Thursday, October 8, 2020**  
**Time:** 12 p.m. (noon)  
**ACE Focus:** Adverse Community Environments  
**Key Concept:** Protective vs. Risk Factors



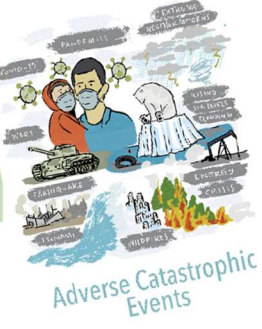
**Thursday, October 15, 2020**  
**Time:** 12 p.m. (noon)  
**ACE Focus:** Adverse Cultural Exposures  
**Key Concept:** R.O.L.E.S.



**Thursday, October 22, 2020**  
**Time:** 12 p.m. (noon)  
**ACE Focus:** Adverse Circuitry Expression  
**Key Concept:** Predictive Brain



**Thursday, October 29, 2020**  
**Time:** 12 p.m. (noon)  
**ACE Focus:** Adverse Catastrophic Events  
**Key Concept:** Individual and Community Resilience



**5** Thursdays  
 ACE Focus Areas  
 Key Concepts  
 Reflections and Activities

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Thanks to our amazing sponsors and their financial support!



David and Mindy Hay