

The Roanoke Valley Trauma-Informed Community Network (RVTICN), the Roanoke Prevention Alliance, and the Resiliency Collective Present

RESILIENCY WEEK ACTIVITIES MAY 1-7, 2022

Tues.

03

10:00-12:30 pm: RPA & RC *Be a Resilience Champion* Train the Trainer Training: in-person Williamson Rd. Library

Email llambert@brbh.org to register with subject line: Resilience Training

12:00-1:30 pm: RVTICN: Sexual Abuse and Trauma: Virtual

Pre-register at <http://tiny.cc/s4iquz>



Wed.

04

10:00-11:00 am: Resilience Screening Movie: Hybrid (in-person and virtual): Melrose Library

Pre-Register for virtual option at <http://tiny.cc/jqjquz>

2:00-2:45 pm: Sky Wellness: Breathing and Meditation to Reduce Anxiety: Hybrid (in-person and virtual): Melrose Library and Live Streamed on Facebook

RPA FB: <https://www.facebook.com/roanokepreventionalliance>

RVTICN FB: <https://www.facebook.com/RoanokeValleyTICN>

Thurs.

05

9:00-3:30 pm: Virginia Trauma-Informed Community Network FREE State Conference: Building Resilient Communities : Virtual

Pre-Register and Learn more here:

<https://www.eventbrite.com/e/building-resilient-communities-virtual-conference-tickets-304195355497>

10:00-10:30 am & 2:00-2:30 pm: Wellness Pilates Breathing Posture and Ergonomics: Hybrid (in-person and virtual): Melrose Library and Live Streamed on Facebook

RPA FB: <https://www.facebook.com/roanokepreventionalliance>

RVTICN FB: <https://www.facebook.com/RoanokeValleyTICN>



Fri.

06

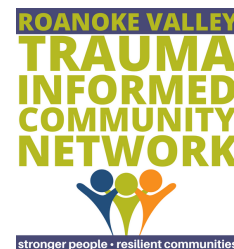
11:00-12:00 pm: RPA: Be a Resilience Champion Presentation: Hybrid (in-person and virtual): Melrose Library

Pre-register for virtual option at <https://brbh.zoom.us/meeting/register/tJUlf-2oqjooHNODSIEStq7xi2DF8SubY2MM> or email llambert@brbh.org to register with subject line: Resilience Presentation

12:00-1:00 pm: Mindfulness Walk (in-person and virtual): Horton Park (beside Melrose Library) and Live Streamed on Facebook

RPA FB: <https://www.facebook.com/roanokepreventionalliance>

RVTICN FB: <https://www.facebook.com/RoanokeValleyTICN>



For more information contact: cgist@brbh.org or decca.knight@roact.org