



MRBN Program Announcement

Love in the Time of Coronavirus - HOPE and Parenting

Monday, May 18th ~ 1:00 - 3:00 pm

Our children's generation will always remember these days. While they and their parents are unlikely to suffer directly from the infection, their own lives and those of their families and communities have been disrupted.

In this webinar, we will explore the risks of adverse childhood experiences, the likely positive experiences as family relationships tighten, and how we can protect children and promote post-traumatic growth. Come prepared to share stories of hope and concern in this interactive session with Tufts University, School of Medicine, Professor and Pediatrician, Dr. Robert Sege.

This program is ideal for teachers, social workers and mental health professionals, clinical and medical practice based staff, and those who work for organizations serving children and families in Maine.

The cost to attend is \$15.00 for MRBN Members and \$30. for guests.

Visit <https://www.maineresilience.org/events> to register!



MRBN Conversations: Strengthening Resilience and Connection Together

Thursday, May 21st ~ 3 - 4:30 pm

The capacity of resilience is invaluable during uncertain times. The good news is that resilience can be supported and promoted--even in the midst of adversity. During this gathering, we'll prioritize connection as a vital ingredient for cultivating greater resilience and well-being. Our interactive conversation will begin with a short presentation and conclude with a stabilizing, stress-relieving practice.

The wisdom of our network will also be harnessed as we gather a treasure trove of ways to stay healthfully connected to ourselves, one another and the outdoor beauty of Maine. Please have paper and pen available.

Cost to attend: FREE for MRBN members, \$10 for guests.

Visit <https://www.maineresilience.org/events> to register!

Join MRBN

The Maine Resilience Building Network invites you to become a MRBN member. Together we are raising awareness of the ACEs science and resilience building in Maine and nationally. The MRBN Network is an integral part of the work that is happening across sectors to improve well-being and build systems that strengthen children, family and community connections so all people matter. MRBN is responsive to the network through statewide network meetings, professional development and consultation. MRBN provides contributions to state and local policy development on resilience-building strategies that impacts the well-being of our children, families, and communities. Join the Network today.

JOIN MRBN TODAY!

The Maine Resilience Building Network's mission is to promote resilience in all people by increasing the understanding of the impacts of Adverse Childhood Experiences (ACEs) and the importance of building resilience through protective factors such as positive relationships.