

# The Community Resilience Model (CRM)®

February 27, 2026

*The Poe Center is excited to present The Community Resilience Model.*

## The Community Resilience Model (CRM)®

**WHAT:** The Community Resilience Model

**WHERE:** Johnston County Public Library  
305 E Market St  
Smithfield, NC 27577

**WHEN:** February 27, 2026  
10:30 a.m. - 12:30 p.m.

**REGISTER:**  
<https://www.poehealth.org/crm-022726>



**QUESTIONS:** [j.fowler@poehealth.org](mailto:j.fowler@poehealth.org)

[www.poehealth.org](http://www.poehealth.org)



### Program Description

The Community Resilience Model is evidence-based and trains community members to support themselves and others within their community. The primary focus of this skills-based, stabilization program is to reset the natural balance of the nervous system. The goal is to help create “trauma-informed” and “resilience-focused” communities that share a common understanding of the impact trauma and chronic stress have on the nervous system and how resilience can be restored or enhanced through this approach. Participants will learn practical tools to help balance their nervous system through engaging in hands-on activities, discussions, and practice.

