

# The Community Resilience Model (CRM)<sup>®</sup>

April 9, 2026

*The Poe Center, in conjunction with Benhaven Public Library,  
is excited to present The Community Resilience Model.*

## The Community Resilience Model (CRM)<sup>®</sup>

**WHAT:** The Community  
Resilience Model

**WHERE:** Benhaven Public Library  
2815 Olivia Rd  
Sanford, NC 27332  
Meeting Room

**WHEN:** April 9, 2026  
4:30 p.m. - 6:30 p.m.

**REGISTER:**  
<https://www.poehealth.org/crm-040926>



**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.

*Be the lifeline.*

If you or someone you  
know needs support now,  
call or text 988 or chat  
988lifeline.org

