

Free educational talks and trainings

FOR GROUPS IN OUR COMMUNITY



The Bend Resilience Project offers free educational talks, trainings, and consultation for groups in our community. We provide practical, evidence-informed information and strategies to support children, adolescents, adults, and families after stressful and traumatic events.



Who these are for



Parent organizations



Schools and school staff



Mental health professionals



Medical professionals



First responders



Any group in our community



Topics may include

- How to talk to children and teens about difficult events
- Understanding common reactions to trauma and stress
- Supporting children's and families' coping and resilience
- Practical strategies for home, school, work, and the community
- Information about effective, evidence-based treatments
- Q&A tailored to your group's needs



Also in Spanish

También ofrecemos estas charlas y capacitaciones en español. Contáctenos para solicitar una presentación para su grupo o comunidad.

To request a talk, training or consultation, contact us at contact@bendresilienceproject.com.