

MAY IS MENTAL HEALTH AWARENESS MONTH

HOPE, HEALING & CONNECTION

RESILIENCE WEEK



← IS FOR RESILIENCE →

#ResilienceWeekVA

Resilience Week Virginia May 2-8, 2021

MONDAY 03

ACEs Interface Training

Presented by:
Nikki Bacilio-High and
Antone Green, H-NNCSB

3:00-4:30PM

Zoom Registration:
<http://bit.ly/ACEsResilience>
*Limited to 30 participants

TUESDAY 04

HOPE, FEAR, & THE SECRET LIFE OF BEES: It Only Takes One To Make An Impact

Presented by:
Eric Rowles,
Leading to Change

1:00-2:00PM

Zoom Registration:
<http://bit.ly/OnetoImpact>

THURSDAY 06

Trauma to Triumph: Learn How To Heal What You Feel

Presented by:
Letitia Bates,
At The Wheel Coaching

3:30-4:30PM

Zoom Registration:
<http://bit.ly/TriumphHealing>

FRIDAY 07

Mental Health BINGO

Presented by:
Newport News Police Dept.
Community Outreach

1:00-2:00PM

Zoom Registration:
<http://bit.ly/MH-BINGO>
*Limited to 30 participants

NATIONAL PREVENTION WEEK



MONDAY 10

HOPE: Looking At Our Future Self Compassionately

Presented by:
Dr. Allison Sampson-Jackson

3:30-5:00PM

Zoom Registration:
<http://bit.ly/SelfHOPE>

TUESDAY 11

Youth Above the Influence Townhall: Underage Drinking

Presented by:
Community Builders
Network (CBN)

6:00-7:30PM

Zoom Registration:
<http://bit.ly/AboveInfluence>

WEDNESDAY 12

REVIVE Training

Presented by:
Renee Cox, H-NNCSB

3:30-4:30PM

Zoom Registration:
<http://bit.ly/REVIVETraining>

FRIDAY 14

Lunch and Learn: CAREgivers Documentary on Secondary Trauma

Presented by:
Nikki Bacilio-High and
Antone Green, H-NNCSB

12:00-1:00PM

Zoom Registration:
<http://bit.ly/LandL-Trauma>

Question please email: preventionservices@hnncsb.org
For more information visit: www.hnncsbprevention.org

