

Community Resiliency Series

Creating a Community of Hope & Healing

Mental health stressors and trauma are a concern for the health and wellbeing of Berrien County residents. Join community leaders, organizations, and residents to learn more about building a healthier community for the following **FREE** events:

Trauma 101: Introduction to Trauma

Friday, April 5, 2019

4:00pm-6:00pm

Berrien County Conference Room
2149 E. Napier Avenue, Benton Harbor

RSVP required

Strengthening Families Workshop & Great Start Parent Coalition Meeting

April 9, 2019

5:30pm – 7:30pm

Community Evangelical Free Church
120 E Bertrand Road, Niles

FREE Dinner and Babysitting Provided

RSVP encouraged

Youth Mental Health First Aid

April 12, 2019

8:30am-5:00pm

Consortium for Community Development
175 W. Main Street, Benton Harbor

RSVP required

Family & Mental Health Town Hall

Tuesday, April 16, 2019

6:00pm-8:00pm

Virginia Edwards Community Center
712 Nate Wells Sr. Drive, Benton Harbor

FREE Child care and Light Snacks

RSVP required

Resilience

The skills and ability of people, communities and organizations to survive, adapt, and improve no matter what kinds of hardship or trauma they face.

Resilience can be learned at any stage of development



Documentary Screening: Resilience

Wednesday, April 17, 2019

4:30pm-6:30 pm

Benton Harbor Public Library
213 E. Wall Street, Benton Harbor

Adult Mental Health First Aid

Thursday, April 18, 2019

8:30am-5:00pm

Consortium for Community Development
175 W. Main Street, Benton Harbor

RSVP required

Documentary Screening: Paper Tigers

Tuesday, April 23, 2019

4:30-6:30 pm

Benton Harbor Public Library
213 E. Wall Street, Benton Harbor

Adverse Childhood Experiences Training

Friday, April 26, 2019

7:30am

Lakeside United Methodist Church

14970 Lakeside Road, Lakeside

w. Harbor Country Rotary Club

\$10 for full breakfast

Youth Mental Health First Aid

Saturday, April 27, 2019

8:30am -5:00pm

Niles District Library
620 E. Main Street, Niles

RSVP required

Ready to RSVP? Go to www.tinyurl.com/resilientberrien

For more information, visit www.bchdmi.org and click on the "Community Resiliency Series" under Department news.

Organized by the Healthy Berrien Consortium and partner organizations