At Resources for Resilience™, we share practical tools to build up and support everyone’s resilience. Our easy-to-use strategies are meant for anyone to use as we work to help people stay healthy and connected during tough times. We believe that everyone has the ability to deepen their resilience and experience better days. That is why we are offering Listening Circles to all caregivers and parents who live in NC. Listening Circles are a safe space for people to connect online. They give you a chance to share how you are doing, work with our Listening Circle leaders to de-stress, and practice tools that can help when times are tough.

Join us online every Thursday beginning May 6, 2021 6:30 p.m. – 7:30 p.m.

Click here to Join Online

Registration is not required

Is There A Fee?
These Listening Circles are available at no cost to the parents and caregivers.

MORE INFORMATION
For more information, please email Mary Lloyd, Family Engagement Specialist
Mary.lloyd@resourcesforresilience.com
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This is not therapy. Listening Circles are meant to give people a space to connect and take a load off. We all need connection, and we know that the challenges of this year have made it harder for people to connect.

These Listening Circles are open to caregivers and parents. Each Circle is led by our Family Engagement Specialist, Mary Lloyd. Mary is a certified Family Partner and Peer Support Specialist. You can come on your own or invite someone to join with you! The more, the merrier!

You can join from a phone, tablet, or computer. Just follow the link to the session you want to join. You do NOT have to register. If there are kids, pets, food in the background that is ok!

Listening Circles are FREE. They are held every Thursday from 6:30p.m. - 7:30p.m.
Listening Circle Dates

Listening Circles for Caregivers and Parents will be held every Thursday evening beginning May 6, from 6:30 p.m.-7:30 p.m. Click on the link to join a Thursday Listening Circle with Mary Lloyd, Family Engagement Specialist.

Thursdays 6:30 p.m. to 7:30 p.m.
Click here to join the Listening Circle
(Meeting ID: 812 3546 1319
Passcode: 330445)

How to Join a Listening Circle

Wait! I'm not very comfortable with Zoom. How do I join?

No problem! Joining a Listening Circle is as easy as 1-2-3!

1. Using your smartphone, tablet, or computer click the link above to join.
2. Once you click on the link, another window will open that will begin loading the Zoom session.
3. If prompted, enter the meeting ID and password. Enter your name when asked. Listening Circles are a space to connect with others, therefore they are most impactful when you turn your camera and microphone on.