

Community Resiliency Model®

Skills to Regulate Your Emotions & Increase Resilience

with Sarah Marcus, LCSW

Thursday, April 25, 2024 | 12:00 PM - 1:30 PM MDT | free webinar

Webinar Objectives

Participants will learn the:

- Community Resiliency Model (CRM)
- Importance of the biological response
- Resiliency zone
- Five main CRM skills

Register:

linktr.ee/EmpowerIdaho

**All are welcome
to attend!**

About the Presenter

Sarah Marcus, LCSW, (she, her) is trained in Community Resiliency Model®, The Gottman Method, and EMDR. She is a mother and Reiki Master living in rural Salmon, Idaho. Living immersed in a rugged landscape has supported her growth and reaffirmed the importance of our connection to nature. She is passionate about supporting people on their journeys to living a life they enjoy, finding balance through healthy therapeutic introspection, somatic experiencing and nature immersion.



QUESTIONS?

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