

RFR Curriculum Overview

The Reconnect for Resilience (RFR) curriculum is trauma-informed and resiliency-focused, offering practical strategies to promote a culture of resiliency in a school, workplace, or community. This training was developed by Resources for Resilience and in partnership with this organization, ROI offers this training in Edgecombe, Nash, Wilson, Halifax, and Northampton counties in North Carolina. For trainings outside of these communities, please contact Resources for Resilience at resourcesforresilience.com

Resources for Resilience at a Glance:

- 2-day, 14 -hour training
- Virtual or in-person
- Expert Resilience Facilitator

Day 1 Overview (7 hours of instruction)

- Understanding Resilience
- Owners' Manual to the Nervous System
- Learn Five RFR Resiliency Tools
- Demonstrations and Group Activities

Day 2 Overview (7 hours of instruction)

- Learn Two Additional RFR Resiliency Tools
- Practice Groups and Discussions
- Iceberg of Trauma
- Application

[Learn more](#)

