

# COMMUNITY RESILIENCE

## TOOLS FOR MOVING THROUGH & BEYOND TRAUMA

MAY 12 - 15, 2018



Broward County Public Schools (BCPS) invites you to the “**Community Resilience: Tools for Moving Through and Beyond Trauma**” workshop provided by The Center for Mind-Body Medicine (CMBM).

Traumatic events like the tragic mass shooting of February 14th 2018, affect our emotional and physical health, social functioning, and overall well-being. This workshop is designed to give you an introduction to evidence-based tools of self-care that you can use to deal effectively with your own stress and pain, and to CMBM’s comprehensive program for healing individual and population wide trauma.

In each workshop, students, teachers, parents, and community members will:

- Explore the connection between traumatic events and emotional, physical, and social distress and dysfunction;
- Practice evidence-based mind-body techniques to relieve stress, heal trauma, and enhance health and well-being;
- Experience the benefits of coming together and sharing in a group.
- Learn about CMBM’s program for transforming devastating trauma into an opportunity for promoting individual and community healing, and for discovering new meaning and purpose.

### Workshop Information

**Clinicians, District Staff,  
First Responders &  
Community Agencies**  
Pompano Beach High Gym

Saturday, May 12  
9am - 12:30pm

**MSD Teachers & Staff**  
MSD High Media Center

Monday, May 14  
12:30 - 2:30pm

**MSD Students & Parents**  
Westglades MSCafeteria/Gym

Monday May 14,  
5 - 8pm

**Broward County Teachers,  
Students & Families**

Tuesday, May 15  
4:30 - 7:30pm

**Coral Springs MS Cafeteria & Gym**

Learn more and register for the workshops at  
[cmbm.org/broward](http://cmbm.org/broward)

\* Workshops funded by Chan Zuckerberg Initiative



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**The Center for Mind-Body Medicine (CMBM)** was founded in 1991 by psychiatrist James S. Gordon, M.D. In the years since, CMBM has become a worldwide leader in making self-care, group support, and community-building central to all healthcare, the training of health professionals, and the education of children. CMBM has focused on providing innovative solutions to some of the world's most intractable and complex psychological and physical problems. Dr. Gordon, and CMBM's 130 faculty have developed programs for population-wide trauma healing in the Balkans, the Middle East, and Haiti, with New York City firefighters post 9/11, in post-Katrina New Orleans, on the Pine Ridge Indian Reservation in South Dakota, in post-Harvey Houston, and with war traumatized U.S. veterans.



CMBM has worked with schools and school systems around the world to bring our life-affirming model of self-awareness, self-care and group support to students and parents, teachers and staff.



The Center for Mind-Body Medicine providing trauma-relief workshop at the UNLV School of Medicine for first responders, healthcare clinicians, trauma surgeons, social workers, educators and survivors of the October 1, 2017 mass shooting in Las Vegas.



**James S. Gordon, MD**, CMBM Founder and Executive Director of is a Clinical Professor of Psychiatry and Family Medicine at Georgetown Medical School, and chaired the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush. Dr. Gordon is the author of most recently of *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*; *Comprehensive Cancer Care*; *Manifesto for a New Medicine*; and more than 140 articles in professional journals and mainstream publications, among them the *American Journal of Psychiatry*, *Clinical Psychiatry*, *The Journal of Traumatic Stress*, *The American Family Physician*, *The Atlantic Monthly*, *The Washington Post*, and *The New York Times*.



**Sabrina N'diaye PhD, LCSW-C**, Integrative Psychotherapist and Founder of the Heart Nest Center for Peace and Healing in Baltimore. CMBM Faculty



**Toni Bankston, LCSW, BACS**, Executive Director, Baton Rouge Children's Advocacy Center. CMBM Faculty



**Lynda Richtsmeier Cyr, PhD, LP**, CMBM Associate Clinical Director, Integrative Clinical Psychologist and Consultant, Minneapolis, MN