

# Safety & Resilience Programs

The Mediation Center's Safety & Resilience Programs equip individuals and communities with practical skills to move from conflict to compassion. Grounded in science and informed by lived experience, these trainings help participants develop tools to navigate stress, trauma, and adversity with greater resilience, connection, and care.

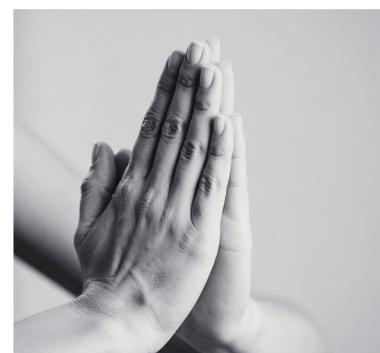
Rooted in a four-pillar framework, these programs promote sustainable wellbeing and safer communities through: Trauma-Informed Resilience-Building, Mindfulness & Self-Compassion, Suicide Prevention & Intervention, and Movement & Wellness.

Trainings are accessible to professionals, educators, caregivers, and community members and can be tailored to meet the specific needs of any organization or population.



## Trauma-Informed Resilience-Building

Trainings such as the Community Resiliency Model, Resilience Enhancement and Leadership Model, TRUST, and Trauma-Sensitive Interactions promote understanding of trauma and chronic stress, and equip participants with practical self-regulation and trust-building skills. This pillar strengthens individual and collective capacity to create safe, connected, and supportive environments.



## Suicide Prevention & Intervention

From awareness-building sessions like Suicide TALK to intensive programs like Applied Suicide Intervention Skills Training, this pillar offers tools to recognize when someone is at risk and how to respond effectively. Participants learn how to reduce stigma, engage in life-saving conversations, and promote safety and hope.

## Mindfulness & Self-Compassion

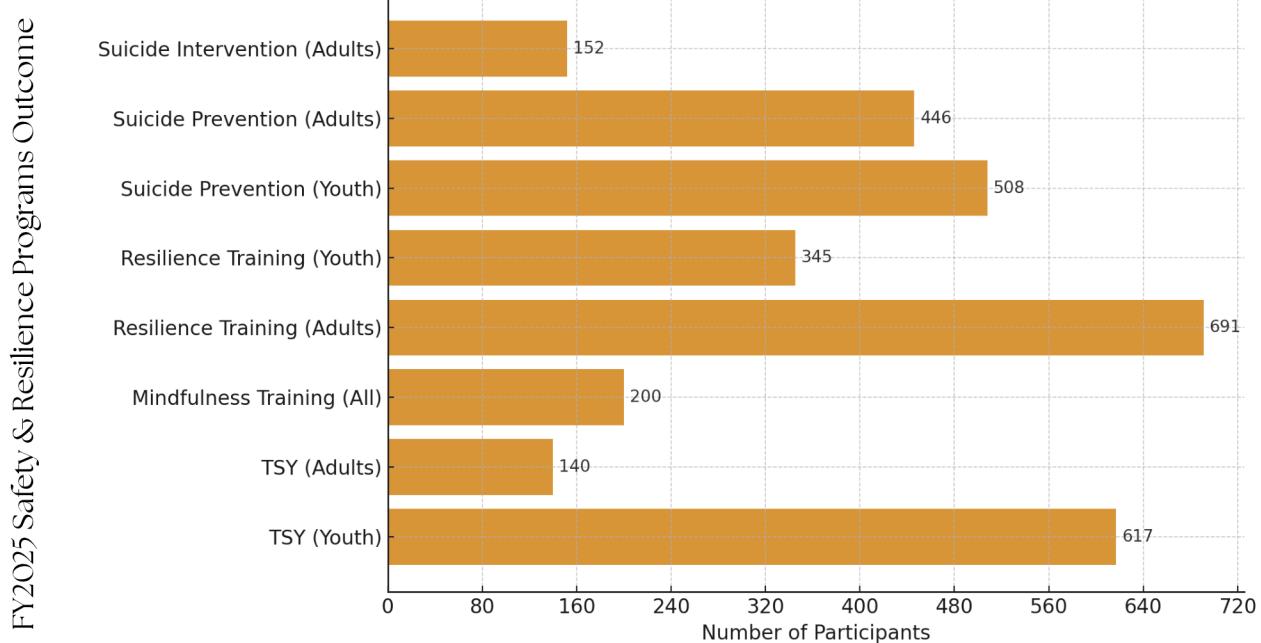
Programs in this pillar, including Mindful Self-Compassion and Trauma-Sensitive Mindfulness, help individuals develop tools to meet difficult moments with awareness, kindness, and balance. These practices support emotional regulation, reduce burnout, and build internal resources for resilience in everyday life and work.

## Movement & Wellness

This pillar centers on Trauma-Sensitive Yoga and body-based practices that promote physical and nervous system regulation. With a focus on safety and accessibility, these sessions support diverse participants in restoring balance, cultivating presence, and reconnecting with the body.

# Safety & Resilience Programs: Our Impact

The Mediation Center's Safety & Resilience Programs serve diverse communities across Chatham County and beyond, equipping individuals and organizations with skills to prevent suicide, respond to trauma, and build compassionate connections.



*Thank you for your support!*

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