

4th ANNUAL SOUTHERN OREGON SUCCESS RESILIENCE AWARENESS MONTH

All Events Presented Free via Zoom

Saturday, November 7, 1 pm to 3 pm: Online ACEs Training for the Community

An open training on the breakthroughs brought about by the ACEs (Adverse Childhood Experiences) study, showing the connection between what we experience growing up and different health, mental health and social outcomes. The session also goes into the science of Resilience, the study of why one person faces adversity and still has a great life while another person faces the same kind of adversity and struggles. All parents, caregivers and the general public are welcome. [Please register at this link.](#)

Thursday, November 12, 6 pm to 8 pm: Online Screening of IN UTERO, a ground-breaking new documentary

IN UTERO is a cinematic rumination on what will emerge as one of the most compelling subjects of the 21st Century – life in the womb and its lasting impact on human development, human behavior, and the state of the world. IN UTERO brings together for the first-time convincing data that explains that we are not only our genes but a product of our environment as well. You can [watch the trailer here](#), and if you'd like to join us for the screening, [please register at this link.](#)

Saturday, November 14, 1 pm to 2:30 pm: Online Workshop in Self-Regulation & Resilience (Open to All)

Recommended for people who have taken the ACEs training, but open to all regardless. The workshop includes a review of the ACEs information and goes into the crisis in self-regulation we're seeing in children and families. Information on how self-regulation skills are learned is presented along with the challenges children and others are facing in learning those skills now. The workshop concludes with an overview of basic tools for developing self-regulation that can be put into practice by teachers, parents and anyone working with children and teens—and themselves. Peter Buckley from Southern Oregon Success and the Southern Oregon ACEs Training Team will be the lead presenter. [Please register at this link.](#)

Saturday, November 21: Online Mindfulness & Resilience Workshop (Open to All)

"Take care of YoMIND" mindfulness workshop offered by Libby Edson will be an experiential and informative workshop focusing on cultivating mental health and resiliency. The workshop will be a combination of mindfulness practices, techniques to regulate emotions and tools for mindfully communicating with and supporting others. Libby has been offering the YoMIND program in the schools in the Rogue Valley for the last 8 years. The workshop is appropriate for all ages. Participants should dress comfortably for some simple movement and, if possible, have a notebook and pen for self-inquiry/notes. Libby is the founder of YoMIND, a program combining yoga, mindfulness and neuroscience education. [Please register at this link.](#)