



MEET Elaine Miller-Karas, LCSW,

Please join the Claremont PD Explorers support group to hear how resiliency to the nervous system can be restored or increased using her skills-based approach.

Ms. Miller-Karas

Elaine Miller-Karas, LCSW, is the Executive Director at the Trauma Resource Institute. She will present the Basic-Three Skills of the Community Resiliency Model. The Community Resiliency Model's primary focus is to teach a set of wellness skills in order to re-set the natural balance of the nervous system. CRM's goal is to help to create "trauma-informed" and "resiliency-informed" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

Claremont Parkinson's Explorers Support Group

Joslyn Senior Center Main Building, (Weinberger Wing)
660 N. Mountain Ave, Claremont CA 91711

GUEST SPEAKER : Elaine Miller- Karas LCSW

Date: **Saturday, December 9, 2017**

Time: **10:00 am to 12noon**

Meets 2nd Saturday of each month.

