

Frontiers of *Resilience*

race • epigenetics • post-traumatic growth • embodiment

Join us to find out what we are learning about the power of the human body and spirit to recover from trauma and generate resilience in our children. Service professionals will learn how trauma and resilience is transmitted across generations and how people can learn not only to be resilient but to also thrive despite trauma histories.

Our Speakers



Dr. Kenneth
Hardy



Dr. Rachel
Yehuda



Dr. Monique
Marrow



Jim Rendon
"Upside"



Tonier Cain
"Healing Neen"

Also featuring workshops on embodied resilience:

Embodied Parenting

Community Resilience Model

Yoga for Trauma Recovery

Capacitar

The Resilience Toolkit

For more information visit: www.echoparenting.org/conference2018