



LISTENING CIRCLES

FOR RESIDENTS AFFECTED BY THE
EVERGREEN PAPER MILL CLOSING

#MILLTOWNSTRONG

Resources
FOR
Resilience

LISTENING CIRCLES

Resources for Resilience™ is partnering with Vaya Health and Haywood County Health and Human Services to offer Listening Circles for all residents affected by the closing of the Evergreen Paper Mill. Available at no cost, these Listening Circles are a chance for community members to connect online and talk about what is hardest for them right now. They will then work with our Listening Circle Leaders to de-stress, highlight what is getting them through this time of individual and community difficulty, and practice tools that can help during these and other challenging life events.

ABOUT RFR

At Resources for Resilience™, we believe that every person can deepen their resilience. That is why we are sharing practical tools to help people of all ages manage their stress – even in difficult times. Our programs teach participants about the biological effects of stress and offer easy-to-use strategies to prevent future adversity and create safer, healthier communities for all.

WHEN & WHERE

Listening Circles are available on Zoom every Tuesday and Thursday through the end of April 2023.

Go to <https://bit.ly/RFRListeningCircle> or scan the QR code below to drop in on the days and times that work best for you. There is no cost to attend and no pre-registration required.



TUESDAYS

9:00 AM TO 10:00 AM

THURSDAYS

4:00 PM TO 5:00 PM

LEARN MORE

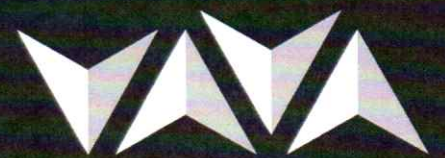
Learn more about Listening Circles by viewing our short YouTube video at <https://bit.ly/AboutListeningCircles>.

You can also learn more by visiting the Resources for Resilience website at <https://resourcesforresilience.com>.

Need help in a behavioral health crisis?

Call the Vaya Health Access to Care Line anytime: 1-800-849-6127

Serving Alamance, Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Caswell, Chatham, Cherokee, Clay, Franklin, Graham, Granville, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Person, Polk, Rowan, Stokes, Swain, Transylvania, Vance, Watauga, Wilkes, and Yancey counties.



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