



# LISTENING CIRCLES

## FOR THOSE AFFECTED BY TROPICAL STORM FRED

RFR is partnering with Meridian and Haywood County Health and Human Services to offer Listening Circles for anyone affected by Tropical Storm Fred. You may have been directly impacted, are supporting others who are, or perhaps you live or work in the community. We believe that everyone has the ability to deepen their resilience and experience better days even after hard events. That is why we are offering Listening Circles that are open to the public. Listening Circles are a safe space for people to connect online. They give you a chance to share how you are doing, work with our Listening Circle leaders to de-stress, and practice tools that can help when times are tough.

### ABOUT RFR

At Resources for Resilience™, our mission is to share practical tools to build up and support everyone's resilience. That is why we offer trauma-informed and resiliency-focused programs to individuals, organizations, and entire communities. Our organization was formed in response to the public health crisis of adverse childhood experiences and seeks to address the ongoing stress that many of us face every day. The easy-to-use strategies that we offer are intended for anyone to use as we work to prevent future adversity and help people stay healthy and connected during tough times.

### WHEN & WHERE

Join us online  
**Mondays 4:00 - 5:00 pm**  
**Wednesdays 12:00 - 1:00 pm**

Click **HERE** to join us online or scan the QR code below.



Call in: 1-312-626-6799  
Meeting ID: 860 3540 5025  
Passcode: 807704

\*You do NOT need to register in advance

### IS THERE A FEE?

There is no cost to participate in Listening Circles.

### MORE INFORMATION

**Need further support:**  
Meridian Behavioral Health Services  
**828-339-1509**  
Haywood County Storm Assistance HelpLine  
**828-356-2022**

## TO CONNECT WITH RESOURCES FOR RESILIENCE™ CONTACT:

- 828-367-7092
- [information@resourcesforresilience.com](mailto:information@resourcesforresilience.com)
- [www.resourcesforresilience.com](http://www.resourcesforresilience.com)
- 13½ Eagle Street, Suite K, Asheville, NC 28801