

Maine Resilience Building Network

Professional Development, Events, Resources, and News

Resources & Good Works MRBN Newsletter, August 2020

Equity Workshop Series

MRBN is offering a new workshop opportunity to engage Maine community members to increase knowledge around systemic injustice.

Anti-racism education builds resilience for everyone. Evidence shows that systemic injustice has a negative effect not only on the marginalized community members who are directly impacted, but every community member, regardless of identity. Studies support the idea that when communities take action to address racism, outcomes for every group improve.



MRBN will offer a three-part series that focuses on three outcomes: education, acknowledgment, and action. Each 90 minutes session is unique and attendees can choose to take one or all three.

The series will be offered each month; August, September, and October. The dates for September are Monday, September 21st 6pm - 7:30pm; Thursday, September 24th 9am - 10:30 am and Tuesday, September 29th 9am - 12:30pm.

The cost to attend each session is \$30 for MRBN members and \$40 for non-members. Each session is limited to 30 attendees.

Session 1: Bias & Brain Development

This workshop will use Daniel Kahneman's theory of fast and slow thinking to explain how representation, societal structure, and brain development create a culture of biased thinking and behavior. Attendees will take the Harvard Implicit Bias test prior to the workshop and will receive follow up materials to practice unlearning their own biases. **REGISTER**

Session 2: Microaggressions- Reflecting on Harmful Language

This workshop will expose and explain the subtle nature of microaggressions, which are defined as "daily verbal, behavioral, and environmental communications, whether intentional or unintentional, that transmit hostile, derogatory, or negative messages to a target person because they belong to a stigmatized group." **REGISTER**

Session 3: A Racial History of Maine

This workshop will explore the history of racial prejudice in Maine, from the persecution of residents of Malaga Island to the KKK to the history of US relations with the Tribes that have lived in this area for thousands of years. This real history is a necessary component of anti-racism education for Mainers. **REGISTER**

The speaker, Sultana Khan, is a writer, organizer, and consultant who lives in New England. She works with community members, educators, and young people to increase their understanding and activism around social change. Sultana believes equitable communities can only be developed through education, acknowledgement, and action, and tailors her approach to meet people wherever they are in their journey towards collective liberation. Her writing has been published locally and nationally, and her first book of nonfiction essays is forthcoming. Sultana is a queer woman of color and can most often be found splashing around in cold bodies of water.



Building Resilience With HOPE: Healthy Outcomes of Positive Experience

**September 15, 2020, 9:00 AM - 3:00
PM**

Registration Fees: \$75. member rate, \$100.
non-member rate, \$30. full-time student rate.

REGISTER NOW



Dr. Robert Sege from Tufts University School of Medicine in Boston will present a one-day virtual conference on HOPE (Healthy Outcomes of Positive Experiences). The keynote address will describe the science of HOPE, and lay out the four pillars of HOPE. Following the keynote, we will have a series of interactive sessions, designed to bring this new scientific understanding into practice. These sessions will explore four areas of implementation of HOPE: (1) HOPE-based intake and assessment, (2) How HOPE supports empathy with individuals who may have had childhood trauma, (3) Programming that creates Positive Childhood Experiences, and (4) Monitoring and improving HOPE-informed implementation.



MRBN's Biennial Conference Goes Virtual!

Cultivating Resilience: Promoting Hope, Healing and Flourishing in Maine

Featuring
Christina Bethell, PhD, MBA, MPH.

November 12-13, 2020

Registration Fees: \$75. member rate, \$100.
non-member rate, \$30. full-time student rate.



November 12th

10:00am -11:30am *Keynote: We Are the Medicine:
Building an EcoSystem to Take Healing and
Flourishing to Scale*

1:00pm -2:30pm Community Forum facilitated by
Dr. Bethell

November 13th

10:00am-11:30am *Keynote: Prioritizing
Possibilities: Leveraging the Power of Relationships
and Family and Community Engagement to
Catalyze and Sustain Flourishing*

1:00pm -2:30pm Community Forum facilitated by
Dr. Bethell

For program details, please visit
www.maineresilience.org/event-3260673

Register Now

Join MRBN

The Maine Resilience Building Network invites you to become a MRBN member. Together we are raising awareness of the ACEs science and resilience building in Maine and nationally. The MRBN Network is an integral part of the work that is happening across sectors to improve well-being and build systems that strengthen children, family and community connections so all people matter. MRBN is responsive to the network through statewide network meetings, professional

development and consultation. MRBN provides contributions to state and local policy development on resilience-building strategies that impacts the well-being of our children, families, and communities. Join the Network today.

[Join MRBN](#)

The Maine Resilience Building Network's mission is to promote resilience in all people by increasing the understanding of the impacts of Adverse Childhood Experiences (ACEs) and the importance of building resilience through protective factors such as positive relationships.

<https://maineresilience.org>

