



## Third Resiliency Forum

### Support and Sleep: Two Primary Ingredients for Resiliency

### July 23, 2014

- 5:30pm Registration
- 6:00pm Welcome and Introductions
- 6:05pm Massachusetts Resiliency Center News and Updates  
**Kermit Crawford, PhD, Executive Director of the “Resiliency Center”**  
**Patrick Downes, Co-Chair of the “Resiliency Center” Victim Advisory Panel**  
Both will share the Centers’ vision to be an inviting, accessible place to obtain services and make meaningful connections to wide range of survivors, their families, and first responders including our Watertown and Cambridge peers and beyond.
- 6:20pm Peer Support Program, Wounded Warrior Project  
**Tim Coop**  
Tim Coop, Veteran and a Manager of a nationwide “Peer Support” program from the Wounded Warrior Project will discuss the benefits of the peer support model. Wounded Warrior Project provides training to warriors who are further along in the recovery process to help other veterans and service members deal with similar obstacles and build greater resilience.
- 6:45pm Sleep and Relaxation, Wellness Campaign  
**Dr. Wayne Altman and Kerri Hawkins**  
Sleep disturbance is a well-known symptom of post-traumatic stress disorder and other psychological conditions resulting from trauma. Dr. Wayne Altman and wellness expert Kerri Hawkins will address these symptoms and provide strategies and techniques for overcoming sleep deprivation and anxiety caused by sleep disturbances.
- Both sessions encourage audience participation**
- 7:30pm **Informal Discussion about the new “Resiliency Center”**  
If you would like to meet informally and discuss ‘hopes’ for the new “Resiliency Center”, Patrick D. and Kermit C. will stick around to talk.

\*There is an arts and crafts table provided for children who would like an alternative activity