



BRITE Group

Building Resilience for Individuals through Trauma Education (BRITE) is a curriculum-based program designed to support adults who have experienced significant adversity in recognizing and strengthening their personal resilience.

BRITE FOCUSES ON:

- **LEARNING ABOUT THE IMPACT OF STRESSFUL EVENTS AND HOW THEY CAN IMPACT OVERALL EMOTIONAL AND PHYSICAL WELLBEING**
- **BUILDING STRATEGIES FOR MAKING INFORMED DECISIONS AND MAKING PROGRESS TOWARDS PERSONALLY MEANINGFUL GOALS**
- **PRACTICING SKILLS THAT ENHANCE PERSONAL RESILIENCE**

Why should you join BRITE group? www.briteresources.com

When we have knowledge and strategies to deal with past, current, and future stressful events and conditions, we have the personal **POWER** to live a more satisfying and successful life.



Group info: 8-10 weeks per module
1.5 – 2 hours per session

Where: in-person and via telehealth

Please contact us for availability, more information, or to enroll
541-687-6983

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