



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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