



# Family Resiliency Center

*of the Permian Basin*



On August 31, 2019, the communities of Odessa and Midland were forever changed when seven people were killed, and 25 others were injured in the worst mass shooting in this area's history. As people struggle with the events of that day, help is available at the Family Resiliency Center of the Permian Basin (FRC). The FRC offers no-cost services to anyone affected. Please contact us today for more information or to sign up.

## Available Services Include:

### Creative Expressions Experience

- From art workshops to cooking classes, learn about ways to reduce stress through creative outlets.

### Peer Support Groups

- We offer a wide range of specialized and peer groups according to your organization or personal needs.

### Mental Health Speaker Series

- Hear from subject matter experts on a variety of mental health and resilience topics.

### Critical Incident Stress Management

- Adaptive, short-term helping-process focused on an identifiable problem. May include pre-crisis preparedness, acute crisis management, follow-up, and education briefing.

### Trauma-Informed Yoga

- Creating a safe, supportive space where you can learn emotional regulation skills through breathing and increased awareness.

### Training Workshops (including)

- Psychological First Aid (PFA) - evidence-informed approach to helping people cope in the aftermath of disaster.
- Skills for Psychological Recovery (SPR) - intervention designed to follow PFA to help others gain skills to cope post-disaster.
- Youth Mental Health First Aid (YMHFA) - a national program to teach the skills to respond to the signs of mental illness and substance use for those who work with youth. (In partnership with PermiaCare, there may be a fee associated with this training. Please contact us for more information.)

### Crisis Counseling

- Meet with one of our trained staff to discuss how your life has been impacted and ways to cope, heal, and build resilience.

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