

Building a Resilient Georgia

Resilient North Georgia uses evidence-based practices and program development to bolster efforts to keep children out of the foster system, prevent trauma, advocate for prevention, and foster a resilient North Georgia community. Resilient North Georgia builds bridges between public and private partners, offering trainings across 13 counties: Banks, Dawson, Franklin, Forsyth, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White.

Triple P – Positive Parenting Program

Triple P is a research-based parenting course that gives parents simple and practical strategies to help them confidently manage their children's behavior, prevent developing problems, and build strong, healthy relationships.



Community Resiliency Model (CRM)

CRM is a 90-minute training, focused on withstanding stress and increasing resiliency. After learning biological reactions caused by stress and trauma, participants are equipped with practical wellness skills that decrease anxiety and feelings of depression and increase their resilient zone.

Connections Matter

Connections Matter is a training designed to engage community members in building caring connections to improve resiliency. Trainings are interactive and discussion-based which provides participants with a better understanding of trauma, brain development, resilience, and concrete knowledge about Adverse Childhood Experiences (ACEs).



Schedule a training today!

Resilient North Georgia can provide these trainings at no cost to your organization.

Contact us at resilientnga@wellroot.org or learn more at wellroot.org/our-programs/resilient.