



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## **FOR IMMEDIATE RELEASE**

Date: September 6, 2022  
Contact: Troi Gale, Library Manager  
360.417.8500 x7793 or TGale@nols.org  
Re: Resilience Month Events  
Attachments: *ResilienceMonth\_BridgingUsTogether.jpg*,

The North Olympic Library System (NOLS) is excited to announce a variety of activities during the month of October in celebration of Resilience Month. The Clallam Resilience Project and NOLS have teamed up with community partners to host events focused on building knowledge, skills, connection, and resilience. Find details at [www.nols.org/resilience](http://www.nols.org/resilience), or by calling or stopping by your local NOLS branch.

### **Resilience Kit**

**Beginning Saturday, October 1 at any NOLS Branch while supplies last.**

The Resilience Kit provides a variety of activities and tools to help build resilience, engage in community care, and support self-care.

### **The New Science of Thriving: Prioritizing Possibilities for Child, Family and Community Flourishing**

**Tuesday, October 4, 10-11:30am on Zoom.** Registration optional.

Presented by Dr. Christina D. Bethell, Phd, MBA, MPH.

This presentation focuses on the mental, emotional and behavioral health of children and youth and the adults they will become. Participants will be inspired to shift the narrative from trauma

and toxic stress to positive childhood experiences and relational health and systems to build community and connection as well as to flourish.

**Día de Culturas: Celebrando la Diversidad Latinoamericana**

**Sábado 15 de octubre, 3-7pm en Peninsula College, campus de Forks.**

Únase con nosotros para celebrar el Mes de la Herencia Hispana con un evento comunitario. La conciencia cultural y las tradiciones pueden crear una sensación de estabilidad y conexión: pueden ocurrir de una manera positiva y rutinaria que ayude a promover el bienestar.

**Saturday, October 15, 3-7pm at Peninsula College, Forks Campus.**

Come together for a celebration of Hispanic Heritage Month at this community event. Cultural awareness and traditions can create a sense of stability and connection: they can happen in a positive, routine manner, which helps promote well-being.

**Generational Clarity (Trauma Informed Strategies): An Indigenous Perspective**

**Friday, October 21, 8am-5pm at Red Cedar Hall, Jamestown S’Klallam Campus in Blyn.** Space is limited and registration is required.

Presented by JanMarie Ward Olmstead (Chumash), MPA.

Historical and cultural context inform trauma informed approaches as a path to healing through Seven Generation Strategies, acknowledgement of intergenerational core strengths, and self-determination. This interactive workshop will provide participants an opportunity to develop an understanding of how the historical experience of American Indians and Alaska Natives connects to Intergenerational Trauma, ongoing discrimination, racism, lateral violence, and Adverse Childhood Experiences (ACE). Participants will learn how experiences over a life course and over generations has a significant impact on our health.

**Exploring Climate Anxiety and Building Community Resilience Together**

**Thursday October 27, 12:30-1:30pm at Studium Generale, The Little Theater, Peninsula College, Port Angeles Campus and on Zoom.** Registration optional.

Presented by Melanie Greer, MA in Environment and Community.

Many people are experiencing a wide range of responses to how climate change is affecting our communities and our lives. This presentation will introduce a common language and knowledge

about the range of reactions people are reporting and strategies to take towards personal and community resilience.

Related activities and events in October that foster a sense of community and resilience include the **Second Annual Indigenous Peoples' Day Poetry Reading** on Monday, October 10, 5:30-6:30pm at ʔaʔkʷustəŋáwtɬ House of Learning, Peninsula College Longhouse; and a **Take and Make: Tin Box Diorama** kit, in commemoration of Day of the Dead, provided by Juan de Fuca Foundation for the Arts and available for pick up at any NOLS location beginning Monday, October 17.

Resilience Month activities are supported by Clallam Resilience Project, United Way of Clallam County, Clallam County 4-H, Clallam County Noxious Weed Control Board, Coordinated Care, Empowered Teens Coalition, First Step Family Support Center, Jamestown S'Klallam Tribe, Jefferson County Public Health, Juan de Fuca Foundation for the Arts, Olympic Community of Health, Olympic Peninsula Healthy Community Coalition, PAVE, Peninsula College, Port Angeles Education Foundation, Port Angeles Healthy Youth Coalition, Peninsula Early Childhood Coalition, Quileute Human Services, Amanda Sanders, Washington Health Care Authority, and local Friends of the Library groups. For more information about this program, visit [www.nols.org/resilience](http://www.nols.org/resilience), email [Discover@nols.org](mailto:Discover@nols.org), or call 360.417.8500.



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