

Listening Circles



“Listening Circles are intended to promote compassion, connection, healing, and resilience in ourselves and our communities.”
 - Ann Dupree Rogers, Resources for Resilience

Resources for Resilience™ is sharing practical tools to support parents, caregivers, and early childhood professionals. Their easy-to-use strategies have helped build resilience across different communities during these tough times. You're invited to connect with others in a listening circle via Zoom to talk about what might be stressful right now. Facilitators will offer suggestions to help de-stress and build resilience.

Listening Circles Schedule October 5th - December 18

Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM	10:00AM	10:00AM	10:00AM	10:00AM
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
12:30PM	12:30PM	12:30PM	12:30PM	12:30PM
1:30PM	1:30PM	1:30PM	1:30PM	1:30PM
6:00PM (Listening Circle for Black and African American Community Members)	6:00PM	6:00PM	6:00PM	6:00PM
7:00PM	7:00PM	7:00PM (Listening Circle for Black and African American Community Members)	7:00PM	7:00PM

View Calendar Online
 to join ZOOM Meetings



Spanish-Language Listening Circles for Spanish-Speaking Participants:

November 6th 1:30-2:30 pm
 November 19th 12:30-1:30 pm

December 2nd 12:30-1:30 pm
 December 7th 6:00-7:00 pm



Contact Kyler Daniels for more information (kdaniels@depc.org or 252-985-4300 ext. 262)