



# RCNC

Recovery Communities of North Carolina

Promoting recovery from substance use disorder and maintaining health, in the community and statewide.

**MONDAY,  
AUGUST 4, 2021**

10:00 AM - 12:00 PM EST

# STRONGER THAN YOU THINK

HOW TO ACCESS YOUR INNATE  
RESILIENCY IN RECOVERY



Free Zoom Workshop



Register via Email to  
[TConyers@RCNC.org](mailto:TConyers@RCNC.org)



## WHY THIS WORKSHOP?

This workshop is important because life happens to everyone. Resilience in recovery and our ability to meet life with an abiding sense of hope, confidence, inner happiness, love and peace, is available to us all, even if adversity makes hope seem impossible. Learning how to access, trust in, and build our inner resilience and a life of sustainable recovery will help us meet life with a greater sense of hope and possibility. The key is knowing how to turn passing experiences into lasting inner resources built into your brain.



## LEARNING OBJECTIVES



Learn a number of skills and tips for building and enhancing resilience



Explain how these practices work physiologically, including the basics of Polyvagal Theory, which maps out and explains how our bodies behave under feelings of both safety and threat.



Gain a sense of how these practices feel in your own body



Learn how resilience skills can be especially useful for those suffering with substance use disorders and mental health concerns





# STRONGER Than You Think

## Who is this Workshop for?

This workshop is helpful for those seeking recovery, those looking to sustain recovery, family members, allies, and providers of recovery services and treatment.

Facilitator: RCNC Recovery and Wellness Consultant

Aura Ahuvia is an ordained rabbi. She has received advanced training with The Center for Mind Body Medicine, where she is currently pursuing certification. Aura also holds an advanced degree as a spiritual director, which combines pastoral and spiritual support. After serving in the pulpit for many years, she stepped away in order to focus more squarely on the relationship between physical and spiritual health.



**Aura Ahuvia**

As the daughter of a Holocaust-survivor father, Aura spent a lifetime seeking to understand trauma, the pain it inflicts, and how it gets transmitted inter-generationally. One type of spiritual odyssey is the journey back to self. Aura currently seeks ways to combine religious and spiritual teachings with the body's native healing capacities for health and well-being.

**THIS IS A FREE WORKSHOP THANKS TO OUR SPONSORS:**

