



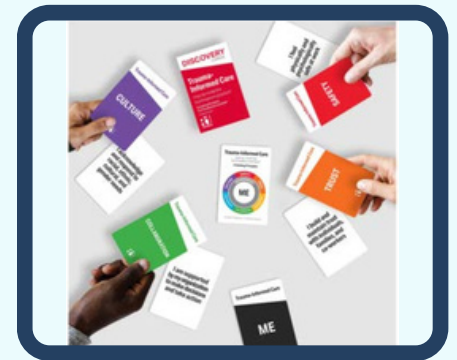
## More Resilient Minnesota Lending Library



**Mindfulness  
Cards**



**How-To Videos**



**R1 Learning  
Discovery Cards**

The More Resilient Minnesota Lending Library enables Collaborative Coordinators to borrow resources that help expand their knowledge of NEAR (Neurobiology, Epigenetics, ACEs, and Resilience) Science and support their local community resiliency planning efforts. We've added several new items for 2024, including Stress Relief & Selfcare Cards, the Trauma Resiliency Model (TRM)<sup>®</sup> Workbook, the Community Resiliency Model (CRM)<sup>®</sup> Workbook and Building Resilience to Trauma.

Check out our Lending Library policies and borrower instructions and how-to videos at <https://familywiseservices.org/lending-library/>

To reserve materials, visit the More Resilient Minnesota Lending Library collection on LibLib at <https://www.libib.com/u/familywise>

If you have an idea of a resource you would like us to add to the lending library, please contact Emily Clary at [EClary@familywiseservices.org](mailto:EClary@familywiseservices.org). We will consider those requests as they come in!