



# MRBN

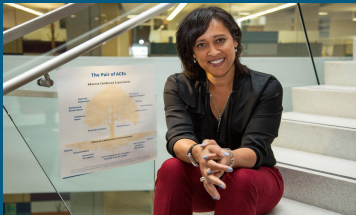
February 2023 news  
& updates

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MRBN is pleased to present the 2023 MRBN Summit, *“Together We Can Thrive – Creating an equitable shared path forward to promote resilience in Maine communities,”* held on April 12 and 13, 2023, at the Samoset Resort in Rockport, Maine



**Dr. Wendy Ellis**  
[Center for Community Resilience at Georgetown University, School of Public Health](#)



**Risa Wilkerson**  
[Healthy Places by Design](#)



**Phil Bors**  
[Healthy Places by Design](#)

The Summit will convene state, local, and community partners, focusing on community resilience, prevention policies, and programs prioritizing resilience for our youth, families, and communities. Community-developed strategies to promote resilience for health and social issues are entwined in the workforce and economic development, which supports thriving, prosperous communities.

The Summit is action-oriented and promotes skill-building. It will include nationally renowned experts and panels of Maine people, highlighting their work in creating opportunities for youth to thrive. After a few years of social disconnect, we look forward to the opportunity for colleagues from around the state to network and learn together.

(Please note that the \$40 resort fee on rooms will be waived)

[Summit Registration Here](#)

[Room Reservations Here](#)

## Our Summit Sponsors MATTER. Thank you!

We are committed to delivering valuable benefits and a positive partnership experience to each Maine Resilience Building Network (MRBN) sponsor. We will customize sponsorships to meet your marketing objectives and enhance your partnership with MRBN.



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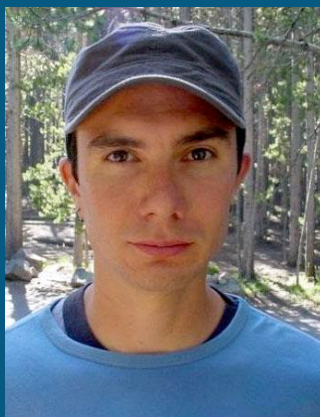
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## MRBN Network Meeting

February 16th from 9:00–11:30 am



Emma DayBranch



Brendan Schaffler



Delvina Miremadi-Baldino

The agenda includes MRBN summit updates, networking with our colleagues, and two programs:

### *Resilience Matters to Me: A community-led messaging campaign*

- Brendan Schaffler, MPPM, Program Manager, Healthy Oxford Hills, and Network Facilitator, Oxford County Wellness Collaborative
- Emma DayBranch, MPH, Western Maine Research Navigator, Center for Interdisciplinary Health and Population Research, MaineHealth Institute for Research

### *Fostering Resilience: The Science of Thriving Through Challenge and Change*

- Delvina Miremadi-Baldino, Ph.D.  
MRBN Resilience Strategy and Impact Director

This event is free and open to all. Please forward to your colleagues and friends.

[Register Today](#)



# Promoting Resilience for Maine's Public Health Workforce

The two-part series focuses on supporting our public health workforce's mental health and wellness. The program recognizes the tremendous efforts of Maine's public health workforce – those working behind the scenes and on the front line – who consistently advocate for a healthier and more equitable state. Through recognition of stress impact and resilience, this series is an opportunity to promote individual and professional health and wellness.

On **March 2nd** and **March 9th**, join MRBN team members Melissa Doyle, LCSW, and Delvina Miremadi-Baldino, Ph.D., to learn about stress impact and resilience.

**Part 1** will focus on identifying stress impact and how it shows up for each of us. We will conclude with some strategies to support personal and professional resilience.

**Part 2** will offer evidence-based strategies to build resilience, help shift your mindset, and promote well-being. Participants will learn practices that promote a positive, thriving path forward.

Attendance costs \$10/per session for MRBN members and \$20/per session for non-members.

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To learn more about MRBN's educational offerings or to schedule training for your business, group, or organization, please contact us by [email](#).

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