



We are filled with gratitude for all the many partners and community groups that are embedding the Brain Story and Resilience Scale Framework into their organizations and communities. We are proud of the work happening in Alberta and across the world to improve outcomes for individuals, families, and communities

The AFWI is especially grateful to all those who have enrolled and completed the Brain Story Certification Course. We are thrilled to announce that, as of last month, we surpassed 150,000 people enrolled worldwide! We look forward to bringing this knowledge to more communities in the new year.

We wish you joy and happiness this holiday season and all the best in 2025!

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## The Brain Story and Resilience Scale Framework in Chile



In October, the AFWI was invited by the [Soymás Foundation](#) in Santiago, Chile to present on the Brain Story and Resilience Scale Framework as part of their international seminar on Brain, Poverty and Early Trauma: From Neuroscience to Psychosocial Intervention. In partnership with the Interdisciplinary Centre for Neuroscience at the Pontificia Universidad Católica de Chile, the seminar brought together over 150 attendees from health, education, justice, and research to discuss the factors that can influence brain development and emotional and social learning in vulnerable children and youth.

Nancy Mannix, Chair and Patron of the Palix Foundation, presented our work from Alberta as an example of how research on brain development and the Brain Story can be used to help inform policy and practice. On the final day of the seminar, Nancy delivered the Resilience Scale Masterclass, including a debut of the Spanish-language version of the video Brains: Journey to Resilience.

We are excited to be connected with the Soymás Foundation and look forward to building strong connections in Chile to foster resilient children, families, and communities.

[WATCH “BRAINS: JOURNEY TO RESILIENCE”](#)

[WATCH “CEREBROS: VIAJE DA LA RESILIENCIA”](#)

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## 2024 Southern Alberta Regional Recovery Conference



On November 6, the AFWI kicked off the two-day 2024 Southern Alberta Regional Recovery Conference (SARRCon) with an introduction to the Brain Story and Resilience Scale Framework. Hosted by Our Collective Journey in Medicine Hat, Alberta, the conference attracted professionals from healthcare, government, mental health, recovery, and education, with the goal of showcasing how resilience is the foundation of recovery.

We would like to thank Our Collective Journey for inviting us to showcase the Brain Story and Resilience Scale Framework, as well as the other speakers and guests who are already embedding this work into their practice and fostering systems-level change in their communities.

As we continue to work with agencies in Medicine Hat and the surrounding area, we are excited about the energy and commitment Hatters have in building a resilient community.

[READ ABOUT THE BRAIN STORY AND RESILIENCE SCALE FRAMEWORK](#)

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# Resilience Scale Masterclass Training for the Canadian Mental Health Association of Calgary



**Canadian Mental Health Association**  
**Calgary**  
*Mental health for all*

During the month of November, the AFWI delivered 4 training sessions (3 in-person and 1 virtual) on the Resilience Scale Masterclass to staff at the Canadian Mental Health Association (CMHA) of Calgary. Over 120 staff members participated in an organization-wide approach toward adopting a common language and common knowledge base for their various programs.

Thank you to Linda McLean, Executive Director of CMHA Calgary, for being a champion of this work and bringing the Brain Story and Resilience Scale Framework to her team. We look forward to furthering this knowledge within the CMHA community and collaborating on best practices for delivery of mental health services to Albertans.

If your organization is interested in bringing the Brain Story and Resilience Scale Framework to your staff, please reach out to book a training session at [contact@palixfoundation.org](mailto:contact@palixfoundation.org).

## RESILIENCE SCALE MASTERCLASS INFORMATION

### Virtual Resilience Scale Masterclass

Join us for a virtual Resilience Scale Masterclass in January! Please register in advance using the buttons below.

Resilience can be defined as the ability to respond positively in the face of adversity. The 2.5-hour Resilience Scale Masterclass explores how adversities, positive supports, and acquired skills and abilities interact to influence resilience and impact lifelong health and mental health outcomes. It provides foundational knowledge and a common language that are accessible across populations and disciplines to communicate key concepts around resilience, track and monitor individual outcomes, and identify areas of support for children, adults, families, and communities.

You are welcome to share this invitation within your network. We look forward to having you join us!

**JANUARY 20, 2025**  
**4:00PM – 6:30PM MT**

**JANUARY 30, 2025**  
**9:30AM – 12:00PM MT**