



THE RESILIENCE & RESISTANCE COLLECTIVE



Navigating Uncertainty with Calm and Resilience Workshop

This workshop helps participants manage life's unpredictability through guided journaling, mindfulness exercises, and practical strategies to build resilience and take actionable steps during uncertain times.



Community Resilience in Times of Change Workshop

Focused on fostering local impact, this workshop guides participants in identifying community strengths, building connections, and creating actionable plans to support resilience and positive change.



Finding Calm in the Chaos Workshop

Centered on stress management and empowerment, this workshop teaches participants wellness practices, including mindfulness, movement, and journaling, to find calm and thrive during chaotic times.



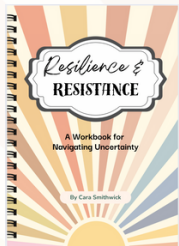
Rise Up: A Practical Guide to Resilience and Resistance Workshop

This workshop blends creativity and practicality to explore how resilience fuels resistance and resistance gives purpose to resilience. Through fun, interactive activities and simple action planning, you'll walk away feeling energized, empowered, and ready to tackle challenges with purpose and strength.

NEW!



Power Pause-10-week resilience mini-course
Quick. Practical. Powerful. Recharge in 20 minutes.



Resilience and Resistance: A Workbook for Navigating Uncertainty

Workbook and supplemental tools to help you create calm and ignite action.



The Spark Series

The Spark Series: Overcoming Apathy in Teens

Workbook, workshop series and more. .

READ MORE ABOUT THESE AND FIND OUT HOW TO GET WORKSHOPS AND PRODUCTS FOR YOUR ORGANIZATION.

