

*Resilience is built in
connection—not in isolation.*

Unknown

*Empowered minds create
empowered communities*

Anonymous

We rise by lifting others up.

Robert Ingersoll

I have the strength to face
challenges and the courage to ask
for support.

My community is a source of
healing, growth, and connection.

I am building a life that supports
my mental wellness—one step at
a time.

I contribute to a stronger, kinder
community by showing up as my
authentic self.

Resilience

The image features a 2x4 grid of concepts. A vertical dashed line runs down the center, separating the left and right columns. The top row has a wavy border at the top. The bottom row has a wavy border at the bottom. The left column has a wavy border on the left side. The right column has a wavy border on the right side. The colors of the wavy borders are: top-left (orange), top-right (light green), middle-left (light blue), middle-right (light purple), bottom-left (orange), and bottom-right (light green).

Empowerment

Uplift

Connection

Community

Belonging

Courage

Wellness

Collaboration

Support



Gratitude

