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# RESILIENCE WEEK VIRGINIA 2023

MAY 1-7

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Resilience Week is for everyone! Resilience can be celebrated individually, with family and friends, within organizations, and in community.

Celebrating resilience can look like engaging in self-care, taking a walk with a friend, building a community garden, planning wellness activities for your staff, hosting a workshop about trauma-informed approaches, engaging in a community art project, planning a community block party - the list goes on!

**Resilience is rooted in connection.  
Resilience inspires creativity and care.**

For more information, visit:  
[grscan.com/resilience-week-virginia](https://grscan.com/resilience-week-virginia)

**RESILIENCE WEEK HAS BEEN CELEBRATED IN VIRGINIA DURING THE FIRST WEEK OF MAY SINCE 2020, LED BY VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS ([VA TICNS](#)).**