



RESILIENCE WEEK

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Quilting with Steve Prince	2 Focus on HOPE: Youth as Inspiration	3	4 GRTICN Community Resilience Block Party Giles Kids Fishing Day
5	6 Food & Fellowship: A Recipe for Resilience Yoga at The Whole You Everyday Strong FB Live with NRV CARES and Selina Kelly, "When is it time for parents to take action? Tweens and Suicidality"	7 Be SMART Yoga at The Whole You Everyday Strong Instill at the Pulaski Marketplace Crockpot Cooking with Company JOURNAL Zoom Room	8 DOODLE Zoom Room Preventing ACEs A Place for Parents Yoga at The Whole You Pathways to Resilience: Overcoming Trauma and Adversity Summit Everyday Strong Roanoke Valley TICN Movie Night	9 Movement Zoom Room Yoga at The Whole You Spring Family Fun Festival Empowering Youth Through Resilience Supporting Resilient Families	10 Mindful Crafting at Christiansburg Library GRTICN at Lewis Ginter DOODLE Zoom Room JOURNAL Zoom Room	11 Yoga at The Whole You The Little Book of Trauma Healing
12	13	14	15 Triumph Over Trauma Summit	16	17	18
19	20	21	22 Beyond ACEs Summit	23	24	25