REAL RESILIENCY

REDEFINING EMPOWERMENT THROUGH ACCOUNTABILITY & LEARNING

Program Overview

A skills and knowledge building program that supports young people in handling challenges in their lives, families, schools, and communities by building community, developing critical thinking, and visioning for a healthier and successful future.

SATURDAYS
from 10am-3pm

THURSDAYS
from 5pm-8pm

TOPICS INCLUDE:

- Planning For My Future
- Emotional Literacy
- Conflict Resolution
- Gender Identity
- Community Violence
- Healthy Relationships & MORE!

Register here!
https://www.surveymonkey.com/r/REALResiliencyRegistration

For questions, contact: Saniya Ibrahim
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Frequently Asked Questions

• Why is REAL Resiliency important for youth?

Youth who attend the REAL Resiliency workshops will have the opportunity to develop empathy, grow more confidently in themselves, build community with others, and make empowering choices.

• What do youth get out of this experience?

Each workshop offers a unique experience related to various challenges youth face. Youth will develop skills and gain tools to navigate structural inequities such as the School-to-Prison Pipeline. Leadership certificates will also be given to youth who complete four REAL Resiliency workshops.

• How do these workshops benefit youth organizations?

We understand the challenge of navigating conversations on race, ethnicity, gender identity, sexual orientation, religion, nationality, and other identities with young people. REAL Resiliency does just that by guiding young people through tough dialogue and experiential learning activities. These workshops will cultivate youth to be more critical and impactful contributors to their organizations and communities!

• Where are the workshops located and will there be supervision?

REAL Resiliency workshops will be located in Long Beach, Compton, Inglewood, and other surrounding areas in LA County in secure community spaces. Each workshop will be supervised by highly trained facilitators who have completed multiple CCEJ trainings and passed a LiveScan check.