

Rise and Shine



Tools for Mental and Emotional Wellness

**SPRING 2025
APPLICATIONS OPEN!**



Rise and Shine is a wellness program for girls and gender diverse youth ages 15–24. This program contains 7 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

Rise and Shine will take place via Zoom over 7 sessions from 10–11:30am PT:

- **March 17th:** Welcome and Opening Circle
- **March 18th:** Self-Awareness and Thinking Traps
- **March 19th:** Boundary Setting
- **March 20th:** Self-Compassion
- **March 25th:** Stress and Anxiety
- **March 26th:** Sadness and Depression
- **March 27th:** Self-Care

**Applications close March, 13th.
Join us and apply today!**

**SCAN HERE
TO REGISTER**

