

Rise and Shine



Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit?
Rise and Shine is back for the Spring!

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 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 from 10-11:30am PST:**

**Monday, March 16th
Tuesday, March 17th
Wednesday, March 18th
Thursday, March 19th
Friday, March 20th**

Apply today!



**Applications close
March 13th**