



**Resilient Wellness**  
**Community Support Initiatives**

# Our Mission

“The mission of Resilient Wellness is to support the transformation of communities and systems impacted by intergenerational trauma with innovative solutions.”

# Supports Offered

- Emotional Emancipation Circles
- Trauma and Workforce Development
- Ambassador Certification
- Health Education
- Integrative Analytics
- Technical Assistance

# Integrative Data Analytics



Promote understanding  
of intergenerational  
trauma as causative  
factor for chronic illness

Provide health,  
education, policy and  
workplaces systems  
with integrative  
understanding of factors  
influencing trauma in  
vulnerable communities

Utilize qualitative data to  
promote improvement  
of system practices and  
culture.

# Health Education



We provide health education rooted in the lived experience of the communities we serve in order to improve knowledge of factors that influence health and empower individuals to take charge of their health.

# Ambassador Program



We provide  
training  
certification  
programs that  
enhance service  
providers  
knowledge of  
alternative  
solutions for  
clients  
experiencing  
trauma.

# Holistic Health Services



Our online platform allows for individuals experiencing chronic illness or seeking preventative services to easily book the care they need.

# Technical Assistance



We support institutions and organizations with the following:

- Program development
- Project management
- Curriculum Development
- Evaluation and reports
- Research Support



# Thank You

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