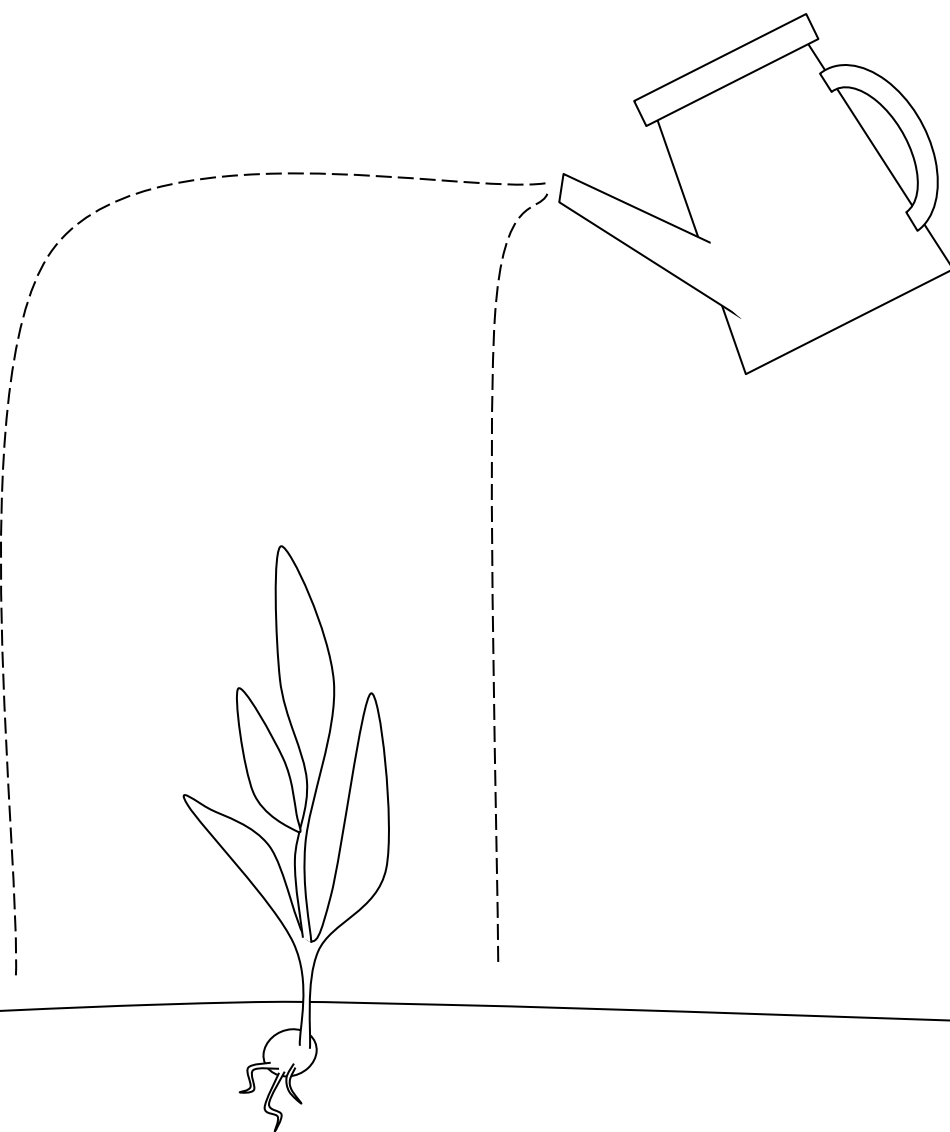


GROWING RESILIENCE

Life can throw many obstacles our way and how you have navigated them has created the special person you are today. The fact that you are here is proof that you are strong. Take a moment to think about all you have overcome up to this moment. Using words, shapes, symbols, and/or colors, show the things that have been part of growing and shaping your resilience. Consider including any racial and historical traumas you have experienced. This is also a chance for you to name and honor how you have navigated structural oppression. Your garden might also celebrate joy, healing, resistance, cultural wisdom, healing arts and/or community care. There is no right or wrong way to create - this is your garden, your experiences, and your window of time. When you're done, consider sharing your creation with a safe a person.



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