

RESILIENCE SQUAD

Resilience Squad provides small arts-based workshops for students, mindfulness moments for conferences, and trauma-based approaches for teacher/student relationships. All parts of the program can be customized for students or educators to support social and emotional wellness and help build community within an organization or school.

Resilience Squad is available to schools and communities **free of charge** throughout northern California.

Options

- *Arts-based Resilience Workshops*: topics covered can include building community, stress management, healthy communication, and mindfulness
- Tailored participation at school events, community experiences, and conferences

Program Information

- Service(s) offered vary by group and are subject to staff availability
- Target audience and venue requirements vary by service(s) provided



Eligibility and Booking

Our mission is to focus on the most vulnerable communities and we use several factors to determine eligibility. If you would like to book *Resilience Squad* or have any questions about your school or group's eligibility, please contact Brendan Simon at brendan.a.simon@kp.org.

Why Is Kaiser Permanente Offering This Program?

As one of the nation's oldest not-for-profit health care delivery systems, Kaiser Permanente has worked to improve the health of our communities for 75 years. During this time of social distancing, Educational Theatre offers remote and in-person school audiences innovative videos and livestreaming workshops to engage and inspire them to make healthy choices and build stronger, healthier communities.

Contact Information

Northern California:
Kaiser Permanente Educational Theatre
1438 Webster St., Suite 205
Oakland, CA 94612

877-353-2223
kp.org/et/ncal
@kpetncal
#kpetncal