



Resilience Week 2025

* All events are free to the public

Monday, May 5 | 11a-12p

Rock Garden Kickoff - Freedom Park 5537 Centerville Rd. Williamsburg, 23188

Join HTDPC to learn about Resiliency, the history of the Rock Garden and to welcome the Greater Williamsburg Trauma-Informed Community Network as members of the coalition.

Monday, May 5 | 4-6p

SpiritWorks Foundation - 5800 Mooretown Rd., Williamsburg, 23188

REVIVE Training – Jan Brown, Executive Director, SpiritWorks Foundation

The REVIVE! training will provide information on how to recognize and respond to an opioid overdose emergency using naloxone for lay rescuers. This training will also cover understanding opioids, how opioid overdoses happen, and the risk factors for opioid overdoses.

Tuesday, May 6 | 2:30-4p

Stryker Center - 412 N Boundary St. Williamsburg, 23185

Truth Serum: Real Progress Happens with Real Conversations - Prell Gross, Peace'In'It Counseling

An educational discussion on recognizing your communication style and that of others. Learn tips and techniques for practicing open-and-honest effective communication skills without judgment and bias.

Wednesday, May 7 | 10:30a-12p

Virtual Workshop - to register, click [here](#)!

Wellness & Substance Use Prevention for Families - Breeona Wilkes, Center of Child & Family Services

An interactive workshop to help caregivers and youth learn how to make healthy choices together. We'll talk openly about substance use, practices to support wellness, and share real-life tips for prevention to help build stronger family connections and stay on a positive path.

Thursday, May 8 | 12-1p

HereForThe Girls, Inc. - 3709 Ste. D Strawberry Plains Rd. Williamsburg, 23188

Bring-Your-Own-Lunch - Affirmations Workshop – Participants will fellowship together for lunch and create unique canvas art using an affirmation of their choosing.

Workshop limited to **15** participants, register [here](#)!