# "Resilience Arise!"

**Take a hike along the White Rock Canyon to the Arizona Hot Spring as Dr. Chalice shares a story of resilience!**

## In this interactive workshop, participants will:

- Identify, define, and understand stress and resilience factors
- Cultivate a personal culturally- sensitive resilience strategy and apply it to sample scenarios

## Monday, May 13th

**12:00 - 1:30 PM**

Graduate Student Lounge
Main Building
Room 010A (Lower Level)
Drexel University
3141 Chestnut Street
Philadelphia, PA 19104

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**Facilitated by**
**Dr. Chalice Jenkins, PhD, LPC, NCC**

Dr. Chalice is a Board-Certified Counselor, Licensed Professional Counselor and a National Certified Counselor with over 13 years of experience in the community mental health field. She is also Assistant Clinical Professor in the College of Nursing and Health Professions' Counseling and Family Therapy Department and a member of CNHP's Board of Diversity, Equity, & Inclusion.

**All Graduate Students Welcome!**

**Lunch will be provided**

DREXEL UNIVERSITY
Graduate College

Please RSVP
to graduatecollege@drexel.edu by Friday, May 10th