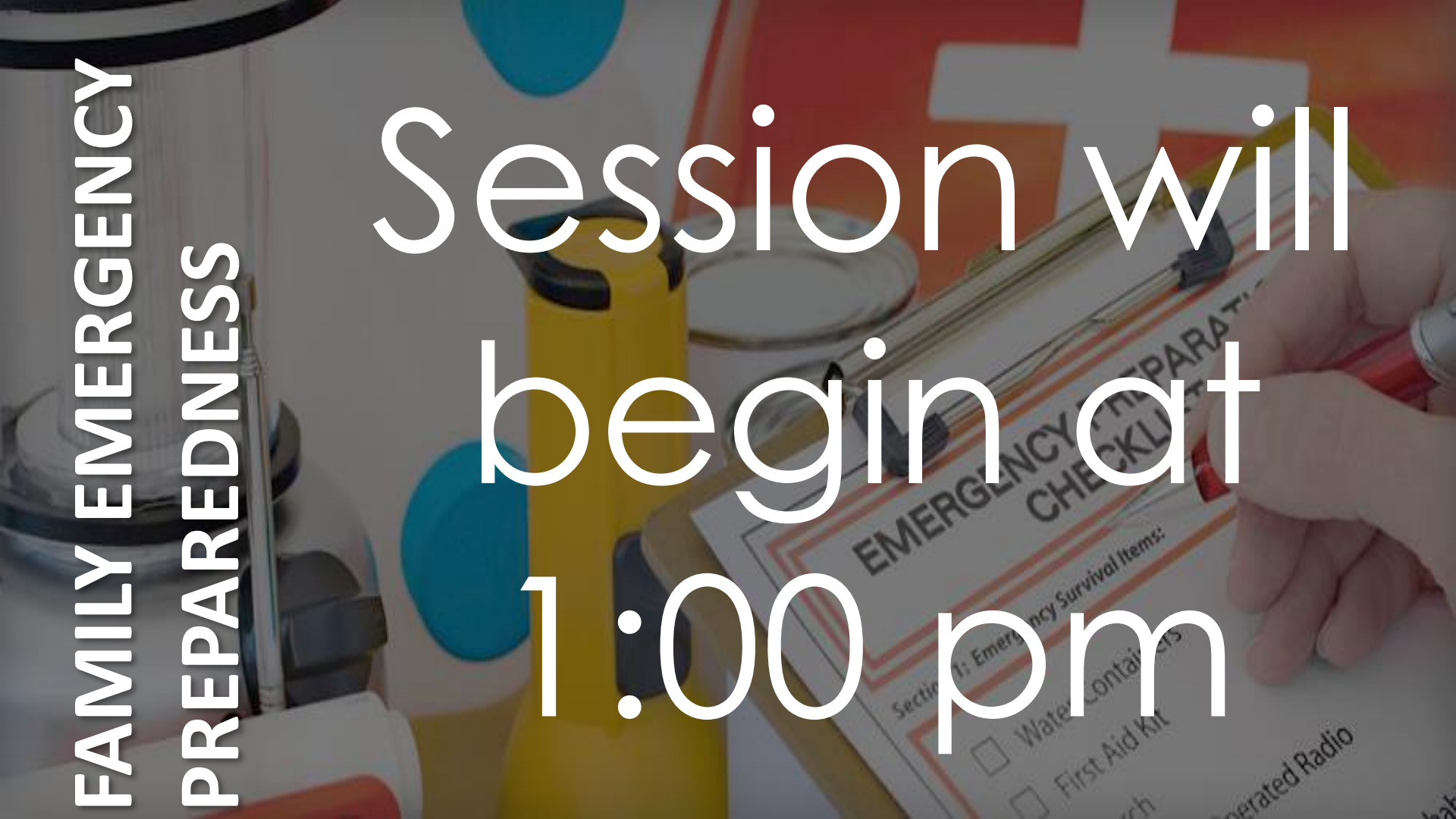


FAMILY EMERGENCY PREPAREDNESS

Session will
begin at
1:00 pm



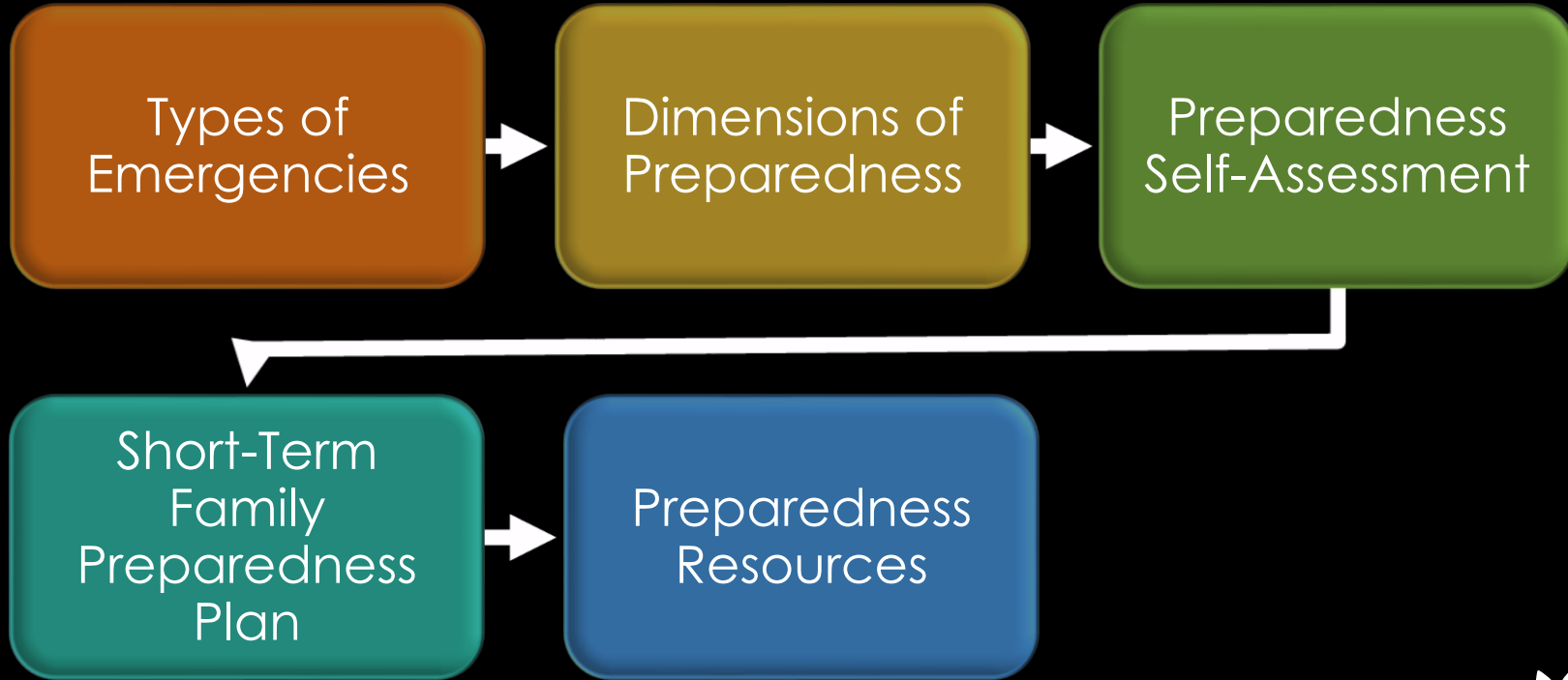
FAMILY EMERGENCY PREPAREDNESS WORKSHOP

Presented by
Joy Jolie



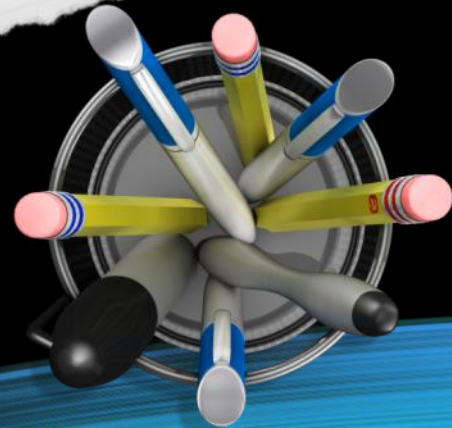
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WORKSHOP OBJECTIVES





Remember to discuss
an emergency
preparedness plan
with my family!



WHO IS JOY?



- ✓ Community activist my entire life, but most active in the past 15 years
- ✓ Volunteered for:
 - ❖ Transition Toronto (steering committee)
 - ❖ Village Vancouver (steering committee)
 - ❖ WWOOF (Worldwide Organization of Organic Farmers)
 - ❖ Greenpeace
 - ❖ Amnesty Canada
 - ❖ Many other organizations



QUALIFICATIONS



CERTIFICATE OF **COMPLETION**

Joy Jolie

completed

Resilience X

a science- and practice-based resilience training



HUGO ALBERTS (Ph.D)

Co-founder of
PositivePsychology.com



PositivePsychology.com



SEPH FONTANE PENNOCK

Co-founder of
PositivePsychology.com



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Community Activism



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OVERVIEW

Getting Ready to Prepare



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PREPARATION (MERRIAM-WEBSTER)



Noun

prep·a·ra·tion | \ ,pre-pə-'rā-shən \

Definition of preparation:

1. the action or process of making something ready for use or service or of getting ready for some occasion, test, or duty
2. a state of being prepared
3. a preparatory act or measure
4. something that is prepared
specifically : a medicinal substance made ready for use



WHAT DOES PREPARATION MEAN TO YOU?



What feelings does it bring up?

Who is dependent on you?

Whom do you depend on?

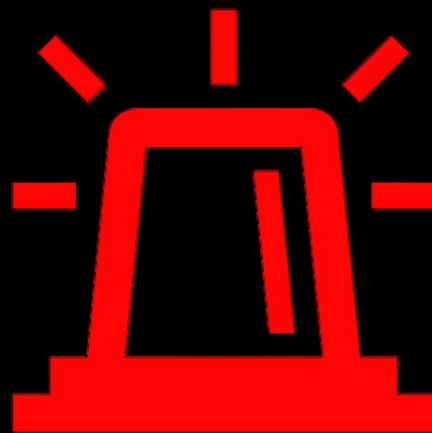




WHAT ARE MY ODDS?

In uncertain times, as human beings we tend to **overestimate** the chances of experiencing different types of catastrophic emergencies while **underestimating** likelihood of experiencing issues that will profoundly impact our preparedness level.

We stress about **the world**, when we should focus on our **own backyard** – i.e. our own health issues or financial situation.



MY EMERGENCY PREPAREDNESS JOURNEY



Yes, you CAN meet emergencies with a calm, peaceful and focused state of mind, IF you're well-prepared.



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TYPES OF EMERGENCIES

✓ Personal

- ❖ Emotional
- ❖ Spiritual
- ❖ Cognitive
- ❖ Physical
- ❖ Relationship

✓ Non-Personal

- ❖ Economic Collapse
- ❖ Community / Cultural
- ❖ Environmental /
Geological

Note: There will be overlap between these lists





PERSONAL EMERGENCIES

What are the *MOST* likely issues that I will
need to focus on



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PHYSICAL INJURY / ILLNESS EMERGENCIES



- ✓ Mostly under control of the individual
- ✓ Affects the family, coworkers
- ✓ Unpredictable
- ✓ Can be short or long term
- ✓ Impacts financial circumstances
- ✓ Can also impact emotional / psychological / spiritual



EMOTIONAL / COGNITIVE / SPIRITUAL ILLNESS



- ✓ These three human dimensions are related
- ✓ Mental illness affects everyone at some point
- ✓ All human beings require a support system
- ✓ Cultural and economic conditions put us at risk



RELATIONSHIP DYSFUNCTION



- ✓ Family relationships are under strain
- ✓ Intimate partners struggle with communication
- ✓ Parents and children are becoming more estranged
- ✓ Community groups no longer serve the same purpose – bringing people together



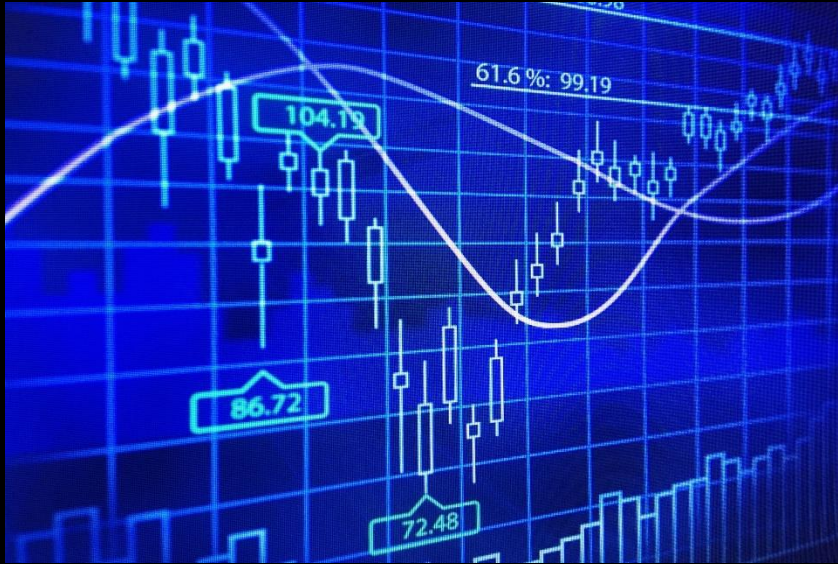


NON-PERSONAL EMERGENCIES

What are the LESS likely but still important issues that I will need to prepare for?



ECONOMIC EMERGENCIES



- ✓ Loss of job
- ✓ Catastrophic health issues with self or family
- ✓ Sudden major expense
– i.e. car breakdown
- ✓ Investment losses



CULTURAL UPHEAVAL



- ✓ Communities are divided by politics, religion, gender, social class, race
- ✓ Powerful interests control the narrative through censorship and propaganda
- ✓ Wealth gap increases as fewer corporations pay tax while citizens are highly taxed





WEATHER / CLIMATE EMERGENCIES

- ✓ Extreme Heat/Cold
- ✓ Severe storms
- ✓ Floods / Droughts
- ✓ Wildfires
- ✓ Hurricanes
- ✓ Tornadoes





Hurricane Melissa

Category 5 Atlantic hurricane in 2025

Hurricane Melissa was an extremely powerful and destructive tropical cyclone which made landfall in Jamaica and Cuba in October 2025. The thirteenth named storm, fifth hurricane, fourth major hurricane, and third Category 5 hurricane of the 2025 Atlantic hurricane season, Melissa is currently the strongest tropical cyclone worldwide in 2025, and is tied with the 1935 Labor Day hurricane as the most intense landfalling Atlantic hurricane and third-most intense Atlantic hurricane overall by central pressure. [Wikipedia](#)



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January 1998 North American ice storm

Major ice storm that affected Eastern Canada and northeastern US in January 1998



The North American Ice Storm of 1998 was a massive combination of five smaller successive ice storms in January 1998 that struck a relatively narrow swath of land from eastern Ontario to southern Quebec, New Brunswick and Nova Scotia in Canada, and bordering areas from northern New York to central Maine in the United States. It caused massive damage to trees and electrical infrastructure throughout the area, leading to widespread long-term power outages. [Wikipedia](#)

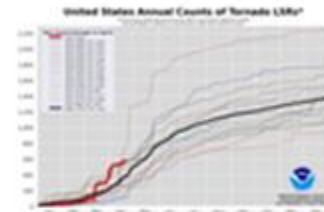




Tornadoes of 2025

List of notable worldwide tornadoes occurring in 2025

The 2025 tornado season is the ongoing season of tornadoes and tornado outbreaks worldwide in the year 2025. Strong and destructive tornadoes form most frequently in the United States, China, the Pampas, the European Plain, South Africa, and Bengal, but they can occur almost anywhere under the right conditions. Tornadoes also develop occasionally in southern Canada during the Northern Hemisphere's summer and somewhat regularly at other times of the year across Europe, Asia, and Australia. [Wikipedia](#)



INFRASTRUCTURE EMERGENCIES



- ✓ Water Toxicification
- ✓ Power Outages
- ✓ Cyber attack/ internet shutdown
- ✓ Oil / Chemical Spills
- ✓ Nuclear Meltdowns





Northeast blackout of 2003

Major power outage in August 2003 in North America



The Northeast blackout of 2003 was a widespread power outage throughout parts of the Northeastern and Midwestern United States, and most parts of the Canadian province of Ontario on Thursday, August 14, 2003, beginning just after 4:10 p.m. EDT. Most places restored power by midnight, some as early as 6 p.m. on August 14, while the New York City Subway resumed limited services around 8 p.m. Full power was restored to New York City and parts of Toronto on August 16. [Wikipedia](#)

Duration	2 hours–4 days, depending on location
Date	2003-8-14–2003-8-16 (2003-8-14 – 2003-8-16)
Type	Blackout





1979 Mississauga train derailment

Train wreck

The Mississauga train derailment, also known as the Mississauga Miracle, occurred on November 10, 1979, in Mississauga, Ontario, Canada, when a CP Rail freight train carrying hazardous chemicals derailed and caught fire. More than 200,000 people were evacuated in the largest peacetime evacuation in North America until Hurricane Katrina. The fire was caused by a failure of the lubricating system. [Wikipedia](#)



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Search Assist



The Pickering Nuclear Generating Station has faced numerous safety concerns and operational issues throughout its history, including accidents, a lack of adequate safety systems, and a high failure rate among nuclear operator candidates. It is one of the oldest nuclear plants in the world and has been criticized for being past its official retirement age, raising fears about potential accidents affecting nearby populations. cleanairalliance.org [Wikipedia](#)



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East Palestine, Ohio, train derailment

Train derailment and environmental pollution in East Palestine, Ohio



On February 3, 2023, at 8:55 p.m. EST, a Norfolk Southern freight train derailed in East Palestine, Ohio, United States. The train was carrying hazardous materials when 38 cars derailed. Several railcars burned for more than two days and emergency crews also conducted controlled burns of several railcars, which released hydrogen chloride and phosgene into the air. Residents within a 1-mile radius were evacuated. [Wikipedia](#)



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✦ Search Assist



Lead poisoning in Flint, Michigan, primarily resulted from the city's switch to using the corrosive Flint River for drinking water in 2014, which caused lead to leach from aging pipes into the water supply. This exposure has significantly affected the health of thousands of children, leading to elevated blood lead levels and associated developmental issues. [O harvardpublichealth.org](https://www.harvardpublichealth.org) [W Wikipedia](#)



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GEOLOGICAL DISASTERS



- ✓ Earthquakes
- ✓ Avalanches
- ✓ Landslides
- ✓ Tsunamis





THE TWOFOLD PLAN

Shelter in Place (bugging in)

OR

Evacuate (bug Out)



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WHEN TO SHELTER IN PLACE

- ✓ Extreme Weather
- ✓ Black Outs
- ✓ Pandemics
- ✓ Riots
- ✓ Martial Law
- ✓ Nuclear Fallout
- ✓ Bio Warfare Agents
- ✓ Zombies



WHEN TO EVACUATE



- ✓ Fire
- ✓ Earthquake
- ✓ Floods
- ✓ Avalanche/Mud Slides
- ✓ Tsunami
- ✓ Chemical Agents
- ✓ War
- ✓ Lots of Zombies

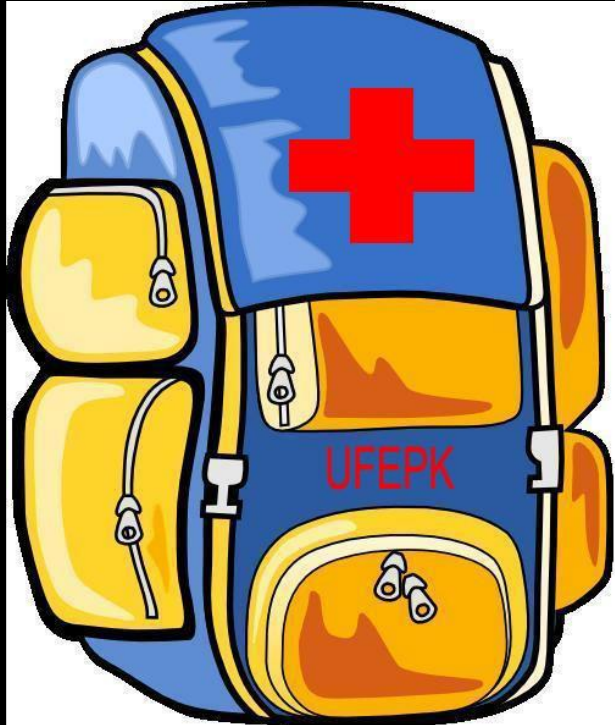


EVACUATE & BUG OUT SUPPLIES



- ✓ Emergency Travel Kit
- ✓ Food & Water for 3 Days
- ✓ First Aid Kit
- ✓ Battery Powered Radio
- ✓ Flashlights and Candles
- ✓ Extra Batteries
- ✓ Tool Kit
- ✓ Camping Stove
- ✓ Toilet Kit

EVACUATE & BUG OUT SUPPLIES (continued)



- ✓ Emergency Travel Kit PLUS
 - ❖ Change of Clothes
 - ❖ Shelter Making Materials
 - ❖ Copies of Important Documents
 - ❖ Emergency Cash
 - ❖ Compass & Maps



EVACUATE & BUG OUT (continued)



✓ Transportation, Which is the most practical?

- ❖ Vehicle
- ❖ Bicycle
- ❖ On Foot
- ❖ Other



SHELTER IN PLACE



✓ Home Emergency Kit

- ❖ Food & Water for 3 Days *MINIMUM*
- ❖ First Aid Kit
- ❖ Battery Powered Radio
- ❖ Flashlights and Candles
- ❖ Extra Batteries
- ❖ Tool Kit
- ❖ Camping Stove
- ❖ Toilet Kit



OPTIMAL SOLUTION



- ✓ Based on your family size and needs
- ✓ Store Your Home Emergency Kit in Backpacks or Duffle Bags.
- ✓ One for each member of your household – smaller for children.
- ✓ Check regularly and adjust – i.e. children's clothes/shoes or medications must be updated





WE'LL EXPLORE MORE DETAILS ABOUT EMERGENCIES SUPPLIES AFTER SELF-ASSESSMENT



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SELF-ASSESSMENT

How ready am I to handle these
emergencies NOW?



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INITIAL SELF-ASSESSMENT SURVEY



✓ Please answer this 1 question survey:

<https://s.zoom.us/j/bPIRy3od1>



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RISK ASSESSMENT CHART



Risk assessment matrix

		Severity 				
		Negligible	Minor	Moderate	Significant	Severe
 Likelihood	Very Likely	Low Med	Medium	Med Hi	High	High
	Likely	Low	Low Med	Medium	Med Hi	High
	Possible	Low	Low Med	Medium	Med Hi	Med Hi
	Unlikely	Low	Low Med	Low Med	Medium	Med Hi
	Very Unlikely	Low	Low	Low Med	Medium	Medium

Risk Matrix Example

Likelihood X Severity = Risk Level



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ASSESSING YOUR RISK BY CATEGORY





Self-Assessment

Where am I now with my preparedness?

- ✓ Spiritual
- ✓ Mental/Emotional
- ✓ Relational
- ✓ Physical
- ✓ Financial
- ✓ Logistical/Practical



- ✓ Who needs my support?
- ✓ From whom do I need support?
- ✓ What skills do I have?
- ✓ What skills do I need?
- ✓ What resources are available in my family/community?





EMERGENCY SURVIVAL KIT OVERVIEW

What are the most important resources?



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Review
Prescriptions &
Other
Supplements
and
Medications

Get health
checkup
Develop
exercise plan

Dietary Requirements

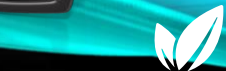
Mom

Dad

Daughter

Son

Pets



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ESSENTIALS I NEED FOR 3 DAYS



✓ What do I need for myself and my family?

- ❖ Food / Water
- ❖ Medications/First Aid
- ❖ Communication
- ❖ Shelter
- ❖ Energy – Heat, Light, Cooking
- ❖ Cash
- ❖ Security
- ❖ Transportation
- ❖ Documents





FOOD / WATER



- ✓ Dietary needs of each family member **including pets**
- ✓ Allergies / sensitivities
- ✓ Medications / supplements
- ✓ Water purification tablets
- ✓ Water purifier flask or jug
- ✓ Water for cleaning
- ✓ Heat source to boil water





HUNTING AND FORAGING

- ✓ It may become necessary to hunt and forage for food if you're forced to leave home for an extended period
- ✓ It's best to learn these skills in advance by taking a course or learning from an experienced practitioner how to hunt and prepared meals from small game
- ✓ Foraging is easier, but learning what plants are safe also requires skill.





MEDICATIONS

- ✓ Ensure a full supply of prescriptions for all family members who require them
- ✓ Ask doctor if he can provide an emergency backup supply
- ✓ Look for herbal alternatives to prescriptions such as turmeric paste for arthritis or white willow for pain



FIRST AID



- ✓ Basic first aid skills are essential
- ✓ Almost anyone can learn these skills
- ✓ Hospitals and clinics may be overwhelmed
- ✓ Even if you don't need first aid, there will likely be people who need your help in emergencies
- ✓ Being fit and healthy as much as possible is key to preventing many injuries and illness requiring first aid





SHELTER

Temporary

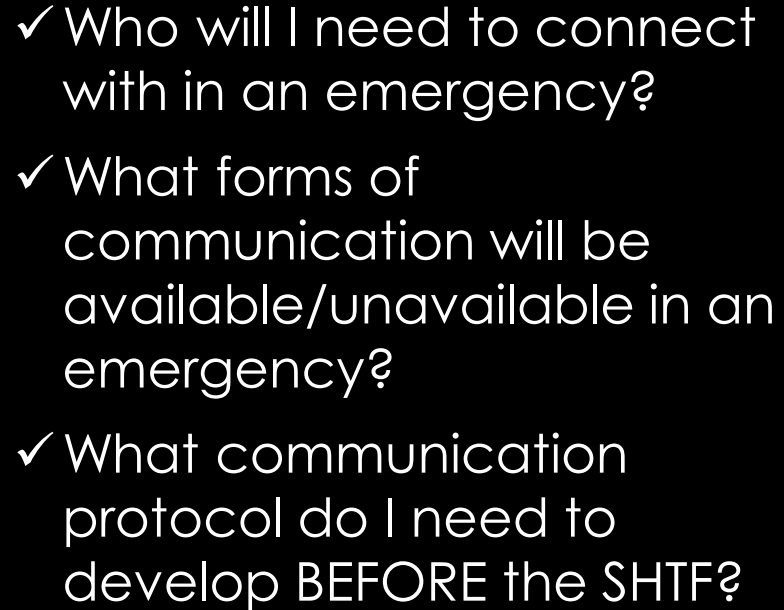
- ✓Tent
- ✓Vehicle
- ✓Makeshift from available materials



Semi-Permanent

- ✓Abandoned house / building
- ✓Trailer







POWER

Heat, Light, Cooking, Charging



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HEAT



- ✓ Heat for warmth is essential in cold months
- ✓ Sources of heat:
 - ❖ Generator
 - ❖ Propane heater
 - ❖ Fire/firewood
 - ❖ Heating pad
- ✓ Safety is a concern with all sources of heat



LIGHT



- ✓ Many types of lighting can be used in emergencies
- ✓ Batteries will be required for portable lighting
- ✓ Power banks can be critical to maintain lighting in emergencies
- ✓ Solar panels can provide a renewable source of power but aren't good in all situations
- ✓ Each person on the family should have their own source of light



COOKING



- ✓ When forced to leave your residence for longer periods of time, cooking will become necessary
- ✓ Prepare for enough fuel until you can either return or find permanent residence
- ✓ Hunting for small game requires the skill of preparing the meat for eating



ELECTRICITY



- ✓ Power banks can provide power for:
 - ❖ Electronic devices
 - ❖ Power tools
- ✓ Generators can provide power for
 - ❖ Appliances
 - ❖ Equipment





FINANCIAL

Cash, Debt, Investments

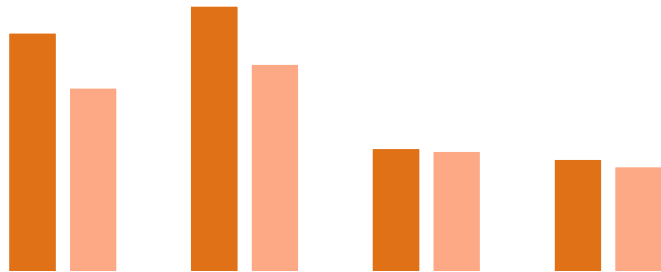


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Family Budget

■ Income ■ Expenses



- Discuss finances with family
- Set priorities
- Reduce expenses
- Find additional sources of income

- Read books on financial management
- Discuss banking options with bank manager





SECURITY

Firearms, Alarms, Online, Other



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PROTECTING MYSELF AND MY FAMILY



✓ Tools for Defence

- ❖ Knives
- ❖ Firearms
- ❖ Alarms

✓ Wearables

- ❖ Face and hands protection
- ❖ Foot protection
- ❖ Raingear
- ❖ Vests

✓ Tactical Gear, Alarms & Accessories

✓ Firearm Licensing



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✦ Search Assist



A Canadian firearms license, known as a Possession and Acquisition License (PAL), allows individuals to legally possess and acquire firearms and ammunition in Canada. To obtain a PAL, applicants must complete a safety training course, pass a background check, and be at least 18 years old. [Wikipedia](#) [Government of Alberta](#)



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≡ Search Assist



Yes, bear spray is legal in Canada, but it must be labeled for use on animals and is intended for use in wilderness areas where bear encounters may occur. Carrying bear spray in urban areas can lead to legal issues, as it may be considered a concealed weapon. torontodefencelawyers.com > [Government of Canada](#)



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TRANSPORTATION

Vehicle, Public Transit, Bicycle, Other



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VEHICLE



- ✓ A well-maintained vehicle is a critical element of preparedness
- ✓ A solid relationship with a trustworthy mechanic ensures that when things go wrong, problems can be addressed promptly
- ✓ Ensure you have jumper cables, spare bulbs or any part that may malfunction available if possible
- ✓ Be prepared to live in your vehicle if an emergency requires you to leave home



PUBLIC TRANSIT



- ✓ If your vehicle, for whatever reason, cannot be used to escape a situation, prepare to take whatever public transit is available.
- ✓ Coordinate with others who may be able to rent a van to allow more people to leave quickly and avoid clogging up the highways
- ✓ Learn the bus, train, flight schedules for local regions



BICYCLE



- ✓ In a worst case scenario, when the roads are inaccessible, prepare to use a bicycle
- ✓ Ensure that the bicycle is well-maintained and that you have your emergency backpack nearby to leave your home
- ✓ Make sure to bring weather gear because you'll be exposed to the elements.
- ✓ A compact, lightweight tent should be included along with extra socks and waterproof boots
- ✓ A bike trailer with supplies is helpful but can also be a liability because it will slow you down





OTHER FORMS OF TRANSPORTATION

✓ Electric bikes

- ❖ Require charging – locate charging stations and keep list handy

✓ Motorcycles

- ❖ Compact, can travel almost anywhere fast
- ❖ Can carry heavier supplies

✓ Wagons

- ❖ Used for foot travel
- ❖ Allows for more supplies





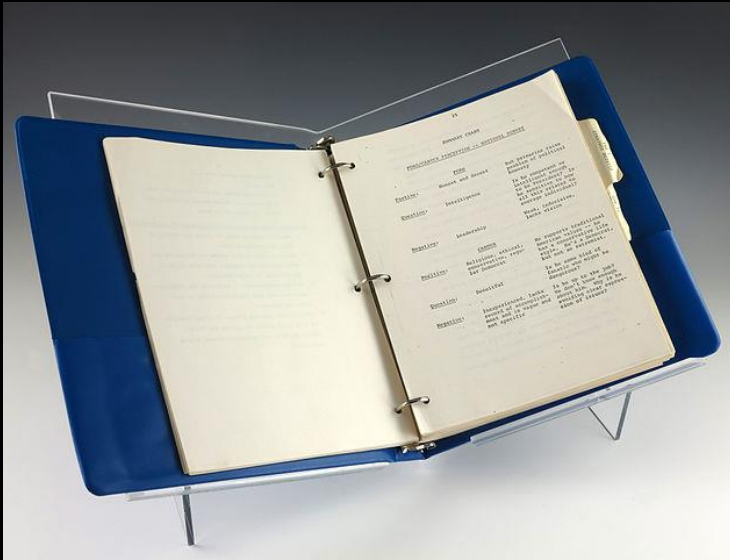
DOCUMENTS

Financial, Legal, Health, Travel, Other



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PERSONAL AND FAMILY DOCUMENTS



- ✓ Legal / financial / business documents and contracts
- ✓ Printed contact list
- ✓ Passport and travel documents
- ✓ Photocopies of identification
- ✓ Store electronic copies of everything on USB stick
- ✓ Cash





Will I need
to move
myself or my
family out of
the country?





COMMUNITY

Support, Resources, Long Term Planning

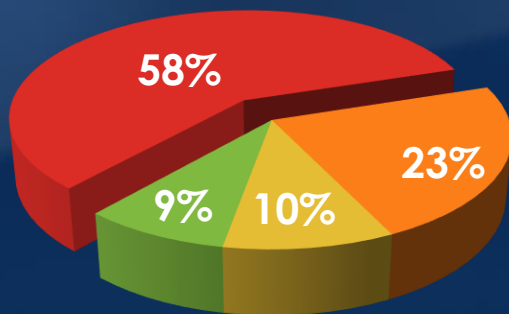


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Community Planning Budget

■ Food ■ Water ■ Shelter ■ Security



Community S.W.O.T. Analysis
Strengths: What resources does my community have to share?

Weaknesses: What problems does our community have that impact our emergency preparedness?

Opportunities: What collaboration and connections can we create with other groups?

Threats: What challenges do we need to be aware of from outside the community?



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LOCAL AND ONLINE RESOURCES

Where can I start? Who can help me?



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FINALIZING YOUR PLAN

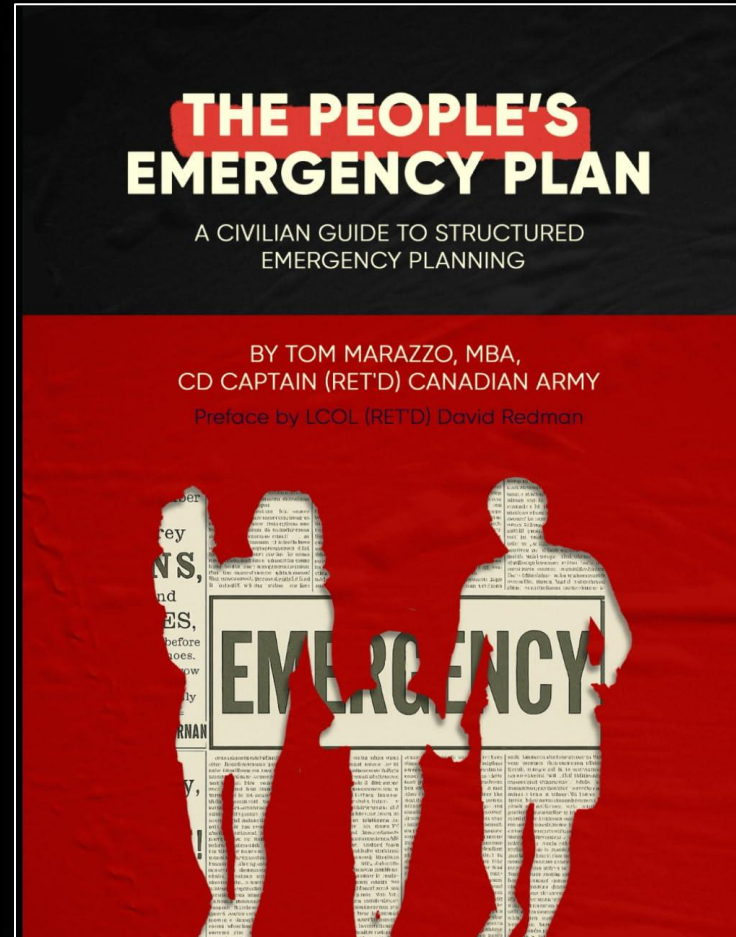
- ✓ Once you complete your **Personal/Family Emergency Preparedness Plan** document you'll have an excellent tool to begin working on the steps that you need to take to be fully ready for most emergencies.
- ✓ **Important:** Mental, physical, emotional and spiritual well-being is as important as all other forms of preparation. Many people overlook this!
- ✓ **Note:** You will NEVER be ready for every emergency!



COMMUNITY ORGANIZING FOR EMERGENCIES

Tom Marazzo, MBA
CD Captain (retired)
Canadian Army

[YouTube Playlist](#)



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Emergency Backpack Kit

<https://72hours.ca/>



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FIRST AID COURSES (BRANTFORD)



- ✓ <https://firstaid4u.ca>
- ✓ (866) 966-4566
- ✓ 505 Park Rd. N, Unit 209,
Brantford, ON
- ✓ Online / In Person Courses



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**FAMILY
EMERGENCY
PREPAREDNESS
WORKSHOP**



<https://joyofresilience.com>



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Vehicle Preparedness 101 | Episode 1



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SELF-DEFENSE SKILLS



1. Brantford Black Eye Boxing Club
Fitness Center
15 Webling St
Brantford ON N3S 2S8

2. TRIPLE ARTS
Fitness Center
625 Park Rd N
Brantford ON N3R 7B5

3. Infinum Brazilian Jiu Jitsu
Fitness Center
168 Charing Crossing St
Brantford ON N3R 2J4

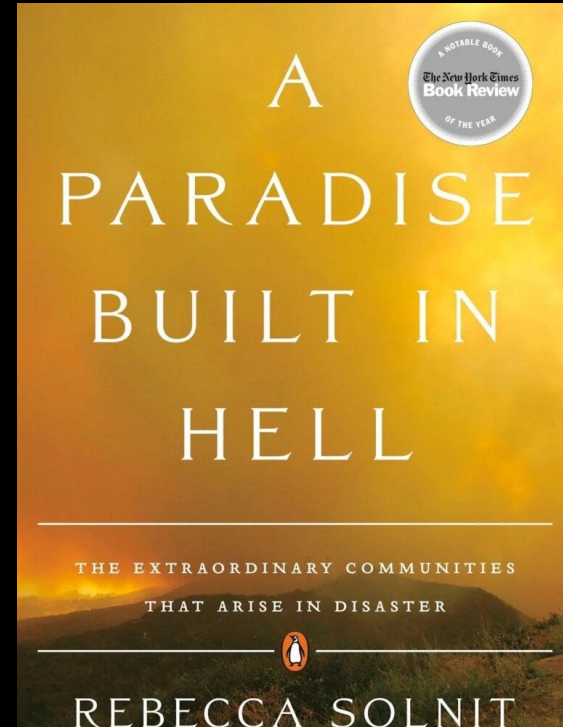
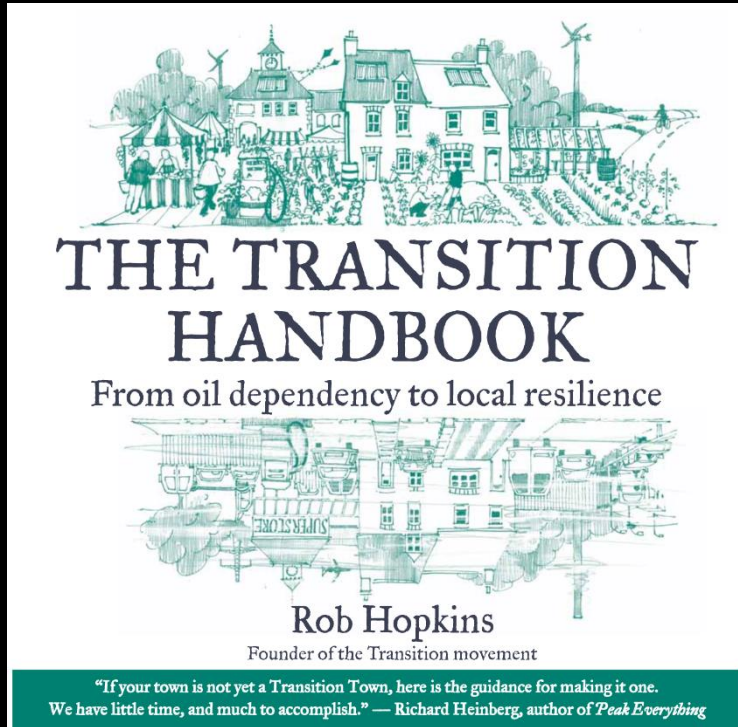
4. Caged Dragon MMA Training & Fitness Centre
Fitness Center
57 Copernicus Blvd
Brantford ON N3P 1N4

5. United Family Martial Arts Centres
Fitness Center
185 King George Rd
Brantford ON N3R 7R9

6. D&D United Black Belt
Fitness Center
174 Stanley St
Brantford ON N3S 7S3

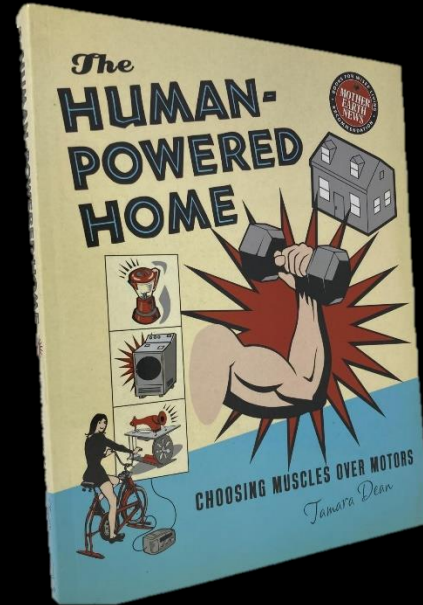
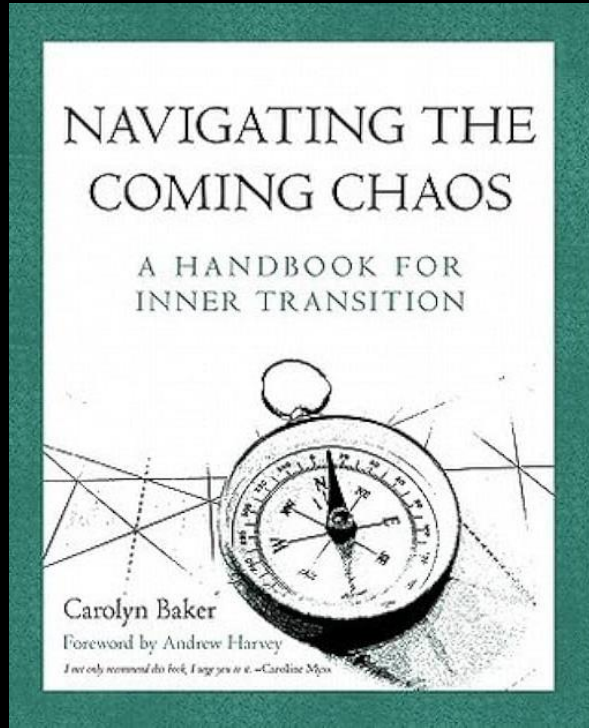


BOOKS TO EDUCATE AND INSPIRE



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CONTINUED LEARNING



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CONTINUED LEARNING



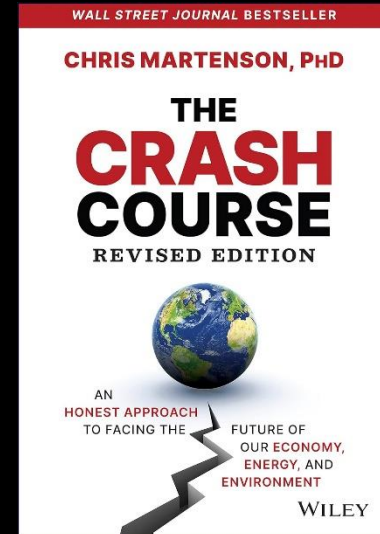
Crash Course Video Series - FREE



The Crash Course Introduction



WELCOME TO
THE CRASH COURSE



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ADDITIONAL ONLINE RESOURCES

- ✓ [Canadian Government Emergency Preparedness](#)
- ✓ [Emergency Management Ontario](#)
- ✓ [Emergency Preparedness - City of Brantford](#)
- ✓ [Hazard Identification and Risk Assessment Workbook](#)
- ✓ [72 Hours Emergency Kit](#)
- ✓ [How Much Food Do I Need](#)
- ✓ [How Much Water Do I Need](#)
- ✓ [Urban Tactical Brantford](#)
- ✓ [Firearm License Canada](#)
- ✓ [Free First Aid Course Online Course](#)
- ✓ [How a Car Works – FREE Online Course](#)
- ✓ [Permaculture course](#) (Free)
- ✓ [Foraging course online](#) (Free)
- ✓ [Hunting Training Online Course - Ontario \(\\$60 CDN\)](#)
- ✓ [Game meat preparation and cooking course](#) (YouTube video)
- ✓ [Emergency Overnight Shelter – Video Tutorial](#)
- ✓ [Ham Radio \(Free YouTube Crash Course\)](#)
- ✓ [Call tree community plan](#)



DOWNLOADABLE RESOURCES



Online Links to additional resources:
<https://joyofresilience.com/family-emergency-preparedness/>



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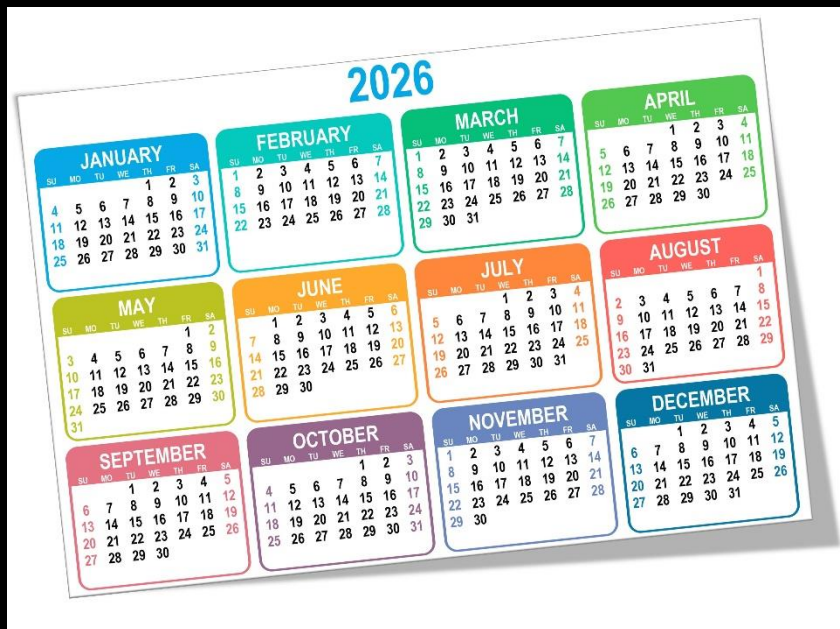
LONG TERM SURVIVAL AND LIFESTYLE CHANGES



- ✓ Plan for the best, but prepare for the worst
- ✓ Life-altering changes
 - ❖ Catastrophic health issues
 - ❖ Loss of loved ones
 - ❖ Loss of job/business
- ✓ Understand the grieving process
- ✓ Develop community
- ✓ Move to a new city, province, country
- ✓ Learn a new language, culture



NEXT STEPS



MASTER WORKSHOP SCHEDULE

Effective Date: Sat 28-Mar-2026

Joy of Resilience
Practical Skills for a Resilient Future

DATE	EVENT NAME	START TIME	FINISH TIME
Sat 21-Mar-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Wed 1-Apr-2026	Family Emergency Preparedness	7:00 PM	8:30 PM
Wed 8-Apr-2026	Financial Resilience Fundamentals	7:00 PM	8:30 PM
Sat 11-Apr-2026	Emotional & Spiritual Resilience	1:00 PM	2:30 PM
Sat 11-Apr-2026	Intro to Hypnosis CBT / NLP / Life Coaching	3:00 PM	4:30 PM
Wed 15-Apr-2026	Intro to Plant Spirit Medicine	7:00 PM	8:30 PM
Sat 18-Apr-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 18-Apr-2026	Introduction to Digital ID, CBDC's	3:00 PM	4:30 PM
Wed 22-Apr-2026	Grief and Healing - Journey to Resilience	7:00 PM	8:30 PM
Sat 25-Apr-2026	Minimalist Lifestyle - Live More, Stress Less	1:00 PM	2:30 PM
Sat 25-Apr-2026	Meditation for Beginners	3:00 PM	4:30 PM
Wed 29-Apr-2026	Financial Resilience Investing	7:00 PM	8:30 PM
Sat 2-May-2026	Vehicle Preparedness 101	10:00 AM	4:00 PM
Wed 6-May-2026	Minimalist Lifestyle - Live More, Stress Less	7:00 PM	8:30 PM
Sat 9-May-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 9-May-2026	Meditation for Beginners	3:00 PM	4:30 PM
Wed 13-May-2026	Financial Resilience Fundamentals	7:00 PM	8:30 PM
Sat 16-May-2026	Statutory Holiday/Vacation		
Wed 20-May-2026	Intro to Plant Spirit Medicine	7:00 PM	8:30 PM
Sat 23-May-2026	Introduction to Digital ID, CBDC's	1:00 PM	2:30 PM
Sat 23-May-2026	Grief and Healing - Journey to Resilience	3:00 PM	4:30 PM
Wed 27-May-2026	Financial Resilience Investing	7:00 PM	8:30 PM
Sat 30-May-2026	Resilience X Program Day 1 & 2	10:00 AM	4:00 PM
Wed 3-Jun-2026	Financial Resilience Fundamentals	7:00 PM	8:30 PM
Sat 6-Jun-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 6-Jun-2026	Introduction to Digital ID, CBDC's	3:00 PM	4:30 PM
Wed 10-Jun-2026	Intro to Plant Spirit Medicine	7:00 PM	8:30 PM
Sat 13-Jun-2026	Resilience X Program Day 1 & 2	10:00 AM	4:00 PM
Wed 17-Jun-2026	Grief and Healing - Journey to Resilience	7:00 PM	8:30 PM
Sat 20-Jun-2026	Minimalist Lifestyle - Live More, Stress Less	1:00 PM	2:30 PM
Sat 20-Jun-2026	Meditation for Beginners	3:00 PM	4:30 PM
Wed 24-Jun-2026	Financial Resilience Investing	7:00 PM	8:30 PM
Sat 27-Jun-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 27-Jun-2026	Intro to Hypnosis CBT / NLP / Life Coaching	3:00 PM	4:30 PM
Wed 1-Jul-2026	Statutory Holiday/Vacation		



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