



# RESTORING HOPE


## Community Wellness & Resilience Project


**Silence the Shame**

### Purpose

The Restoring Hope pilot delivers trauma-informed mental wellness and healthcare navigation support to Georgia youth ages 16-24 transitioning from juvenile detention or foster care. This initiative empowers participants with tools for emotional regulation, resilience-building, and self-advocacy through safe, community-based Wellness Navigation Circles.

*Restoring Hope is an opportunity to empower youth through trauma-informed support, bridge systems of care, and strengthen Georgia's community wellness network — one cohort at a time.*

 [www.silencetheshame.com](http://www.silencetheshame.com)

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### Initiative Snapshot

- **Duration:** 6-month pilot (Four Cohorts)
- **Counties Served:** Fulton, DeKalb, Clayton, and Cobb
- **Cohort Size:** Approximately 18-20 youth per cohort
- **Participant Incentive:** Earn \$200 upon completion
- **Transportation:** Assistance provided when necessary

### Core Activities

1. **Trauma & Wellness Navigation Circles:** Four-session series on trauma awareness, self-care, and healthcare navigation.
2. **Parent Café Sessions:** Caregivers learn strategies to build mental wellness and support youth transitions.
3. **Community Resource Fair:** Participants meet local health, training, and employment providers for ongoing support.

### Expected Outcomes

- **75 youth** increase their understanding of trauma and emotional wellness.
- **80% improve** confidence in navigating healthcare and support systems.
- **Strengthened referral linkages** with Silence the Shame and community partners.
- **Model established** for sustainable youth-centered, trauma-informed education.

### How To Partner

- 1 Complete the Interest form if you would like to schedule a meeting with a team member.
- 2 Attend the interest meeting scheduled on December 5 at 12pm

### Interest Form



Scan the QR code or visit: [bit.ly/reshope26](https://bit.ly/reshope26)

### Interest Meeting



Join us December 5, 2025 at 12:00pm

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