



The RESILIENT *Journeys*

A MONTHLY SERIES OF GROWTH,
EMPOWERMENT AND COMMUNITY



Hosted By
Brandi Muhammad

Founder, Visionary,
Empowerment Leader



**FAMILY RESOURCE
NETWORK OF OHIO**

Ohio's Official Hub for
Charting the LifeCourse

**EACH MONTH, WE EXPLORE REAL CONVERSATIONS,
POWERFUL STRATEGIES, AND PRACTICAL TOOLS TO HELP YOU:**

HEAL • GROW • OVERCOME • THRIVE

This month, we will explore:

**Charting the Life Course while resting, renewing, and providing
self-care while using the One Page Person Centered Description**



Thursday:

May 14, 2026

7:00pm-8:00pm



[Click Here to Register](https://osu.zoom.us/meeting/register/CpnlxR_nSc2QLy9EV_Nh8w)

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This Month's Presenters



**Ms.
Aisha Wilks**



**Mrs.
Carrie Farley**



**Ms.
Jaarica Butler**

REAL STORIES. REAL SOLUTIONS. REAL RESILIENCE.

You are not alone on your journey ♡