

# EmpowerPix Resilience Program

## CREATIVE LENS

*Creativity Builds Confidence and Resilience*



### OVERVIEW

Creative Lens is an arts-based wellness workshop that combines photography fundamentals and AI imagery to help students explore self-expression, build emotional resilience, and connect with peers.

### HIGHLIGHTS

- Empowers students to use art as a tool for wellness
- Builds technical and creative skills in photography
- Provides space for reflection, expression, and connection

#### 1 What is it?

- A hands-on workshop where students learn photography basics and use AI tools to create images that reflect their stories, emotions, and hopes.

#### 3 What will change?

- Students gain both creative and coping skills to build confidence, resilience, and the ability to use art as a tool for healing and growth.

#### 2 How does it work?

- Students participate in guided activities blending technical skills and creative exercises. Workshops are facilitated by photographers and creatives, in-person or virtual.

#### 4 When will it happen?

- Workshops offered annually, with multiple sessions each year (spring/fall).

Recognition

**Resilience**

Readiness

Relationships

Learn more at [empowerpix.org](https://empowerpix.org) | [info@empowerpix.org](mailto:info@empowerpix.org) | [@EmpowerPix](https://www.instagram.com/EmpowerPix)  
Partner with us to celebrate and prepare the next generation.