

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

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